Ottawa metro

Your essential daily news | THURSDAY, AUGUST 25, 2016 | High 29°C/Low 18°C Cloudy with a chance of rain

ROYAL CANADIAN MOUSIES
metroNEWS

ILLUSTRATION BY ANDRES PLANA/METRO

Phoenix fix at $25M — and rising: Official

PAYROLL

Broken system initially thought to save feds $70M annually

Fixing the problems with the federal government's new payroll system will cost more than $25 million, although the total won't be known for weeks, a top official at Public Works and Government Services Canada revealed Wednesday.

"The last number we have is 25 (million dollars) but it will be higher," said Marie Lemay, the deputy minister responsible for public services and procurement.

The previous Conservative government had estimated that adoption of the so-called Phoenix system would save the federal treasury $70 million annually.

Lemay couldn't say whether any of those savings will be achieved as a result of the system's failures.

"We don't know what the amount of savings will be," she said. "But we will know in the next few weeks."

The government has been forced to hire — or rehire — hundreds of payroll department and call centre workers after more than 82,000 civil servants reported problems with their paycheques. Hundreds of complainants had not been paid at all, in many cases for months.

Those who had gone unpaid received what they were owed over the last few weeks but new cases continue to emerge.

Another 69 employees complained in the last week that they had gone without paycheques, said Lemay.

Roughly 1,200 cases also remain of workers not being paid while on parental leave or after they've retired.

The government is promising those employees they will be paid within six weeks.

But there's still a large backlog of civil servants who have not received supplementary pay owed, such as overtime, or pay for acting assignments and promotions

While more than 8,000 of those so-called "priority three" cases have been resolved, the backlog remains stubbornly high at 73,965.

Lemay maintained that the government is on track to deal with the backlog by the end of October, although she cautioned that other payroll cases would likely emerge beyond that date.

THE CANADIAN PRESS

Fire department sees spike in fires for second year running metroNEWS

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Your essential daily news

More bodies being pulled from rubble after earthquake in central Italy. **World**

Hip hop, zumba and poetry slams

The House of PainT Festival of Arts and Culture is returning to Brewer Park this year. CONTRIBUTED

FESTIVAL

House of PainT to also include panel discussions

Lucy Scholey
Metro | Ottawa

Back when he was a kid living on an Ottawa Valley farm, Patrick McCormack discovered hip hop.

"I wrote my first rap. It was something about the Gulf War," he said. "It was an anti-war song."

That was in the early 1990s, when McCormack was first drawn to the political and social messages behind hip hop. Now general manager of the House of PainT Festival of Arts and Culture, he's trying to offer a glimpse into its cultural roots.

"For some people, it's just music that they hear on the radio or it's a style of dance that they see people doing on America's Got Talent or America's Best Dance Crew," he said. "It depends who you ask, but as a culture, it still has that relevance and that connection to newcomer communities here, to racialized communities and to other communities."

The festival runs from Thursday to Sunday at Brewer Park, which is about two weeks earlier than usual. That's partly due to weather (the festival has had bad luck with rain) and the busy back-to-school schedule, when students are more focused on settling in than dancing at a festival.

Apart from the "four cornerstones" of hip hop — DJing, rapping, dancing and graffiti art — the four-day festival will include more panel discussions and workshops than in previous years.

"Knowledge is a very important element of the culture where we talk about why hip hop is relevant for us in this place and time and all over the world," McCormack said.

One panel discussion, entitled Ladies First, will address mainstream hip hop's often misogynist and sexist messages.

"How do we cultivate a hip hop that is a safer space and that is more welcoming and that has economic and professional opportunities for women?" said McCormack.

Another panel will look at how hip hop intersects with social and political issues.

"It's an art form that was born out of a desire to have social and political voices through the arts," said McCormack. "So people who were pushed to the shadows in the poorest neighbourhoods of New York City, who were told that they have no means to express themselves or a means for empowerment, whether that be self-esteem or economic empowerment or education.

"I think that is the spirit of hip hop."

4 worth watching

1 Opening night/Poetry slam

When: Thursday, doors at 6 p.m., show at 7 p.m.

Where: Gladstone Theatre, 910 Gladstone Ave.

Admission: $10

2 2016 DMC Canada: Ottawa Regional DJ Competition

When: Friday, 8:30 p.m.

Where: Under Dunbar Bridge (Brewer Park, 100 Brewer Way)

Cost: $5

3 Rock Steady Crew, conferences, dance battles, market

When: Saturday, 12–10:30 p.m.

Where: Under Dunbar Bridge (Brewer Park, 100 Brewer Way)

Cost: Free admission, all ages

4 Hip-hop zumba and hip-hop brunch

When: Sunday, 11 a.m.-2 p.m.

Where: Under Dunbar Bridge (Brewer Park, 100 Brewer Way)

Cost: Free admission, all ages

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UNITED FRONT PM GETS A STANDING OVATION AT CONVENTION Prime Minister Justin Trudeau shakes hands with Unifor president Jerry Dias, left, after speaking to the Unifor Convention on Wednesday in Ottawa. JUSTIN TANG/THE CANADIAN PRESS

Bottled water now out of date: Wynne

RESOURCES

Premier eager to change up permits after fees uproar

Bottled water companies in Ontario may soon have to pay more and take less water as public outcry over revelations that the province charges them just $3.71 for every million litres triggered a government review.

There is a difference between taking water for agricultural or industrial use and taking it to sell bottled water, Premier Kathleen Wynne said Wednesday. Some of the conditions of the permits for bottled water use are outdated, she said.

"There's the issue of the quantity of water that's taken, there's the issue of the cost of that water," Wynne said.

"Also, there's an issue around the timing. As we all know, it's been a dry summer and so I think we need to look at what are the right triggers in place in terms of quantities that are allowable given the conditions."

Wynne has asked Environment Minister Glen Murray to review permit conditions for bottled water companies. It will look at whether there is a sufficient price on removing water, he said.

Environmental group Wellington Water Watchers is urging Ontario not to renew a permit for Nestle Waters in Aberfoyle, Ont., that expired on July 31. It's upset that the company has been allowed to keep extracting water from a local well in the midst of a severe drought in the province.

A water-taking permit remains in force if a renewal application is made at least 90 days before it expires.

Nestle Canada has two permits to take up to 4.7 million litres of water every day for bottling. Other bottled water companies with large water-taking permits in Ontario include Gold Mountain Springs, Gott Enterprises and St. Joseph Natural Spring Water.

Ontario charges companies just $3.71 for every million litres of water after they pay a permit fee of $750 for low- or medium-risk water takings, or $3,000 for those considered a high risk to cause an adverse environmental impact.

> **There's the issue of the quantity of water that's taken and of the cost of that water.**
> Kathleen Wynne

Nestle Waters Canada said it has built a "solid body of scientific data on the local water resources" and has a long-term commitment to sustainable water management.

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Job, with side of McEducation

EDUCATION

Burger chain's managers can earn Ontario college credit

A job at McDonald's Canada could now help workers earn a college diploma.

Managers who complete some of the burger chain's training can bypass the first of two years of a business or business administration diploma at Ontario's 24 public colleges.

Those behind the deal say the partnership is a triple win, benefiting the corporation, post-secondary institutions and the employees-turned-students alike.

One expert says the McDonald's initiative signals a potential change in how Canadians will upgrade their skills to stay competitive in the workforce.

"I see it as a win-win if it turns around the long decline in not spending the time or money upgrading the skills of our people," said Alan C. Middleton, the executive director of the Schulich Executive Education Centre at York University's school of business.

Sharon Ramalho, the so-called chief people officer at McDonald's Canada, said the company has a "vested interest in making sure that we help our people educate themselves, that we train, that we teach."

Employees who complete two courses at one of the restaurant's training institutes, along with a combination of on-the-job experience, readings and workbook activities, can qualify for the advanced placement, she said.

Workers in other provinces can participate too since some of the Ontario colleges offer online studies, said Ramalho, which essentially means that all of the company's approximately 12,000 managers could choose to pursue higher education.

Troy Eustace, a McDonald's team leader, delivers a custom built burger. Managers who complete some of the chain's training can bypass the first of two years of a business diploma at Ontario's 24 public colleges. COURTESY MCDONALD'S CANADA/CNW GROUP

It's not the first such program in Canada. McDonald's and the British Columbia Institute of Technology have had a similar set up since 2014. Currently, about 120 of the chain's managers are enrolled, she said.

The McDonald's workers can choose to continue working while studying thanks to flexible work arrangements, Ramalho said. For those who take the year off while studying, Ramalho said she's not too concerned about losing them to different employers post-graduation.

The management turnover rate at McDonald's Canada is about 10 to 15 per cent a year, she said, as benefits and career opportunities keep retention high.

> "I see it as a win-win if it turns around the long decline in not spending the time or money upgrading the skills of our people." Alan C. Middleton

The colleges, however, may not seem like winners in the program given they're losing out on the first year's tuition.

"That's a bit of a double-edged sword," said Linda Franklin, president and CEO of Colleges Ontario. But she says, in fact, it may help colleges attract more students because many of them might have considered multiple years of schooling too big a hurdle.

"We may actually gain students that way that we would never have gotten otherwise."

Franklin added that Colleges Ontario spent three years reviewing the McDonald's training. Ramalho said it covers some of the same skills, like marketing and leading teams, that employees might learn in business school.

Middleton, however, says the measure of success will come after the first batch of McDonald's managers completes their second year and schools can track how well they performed.

But he adds it presents an innovative way forward for employee training, adding that for decades, neither governments nor corporations have been spending much money on helping Canadians enhance their skills.

It's likely other organizations and post-secondary institutions will try to emulate McDonald's Canada, he said, since more employers are now thinking about the responsibility to help employees upgrade their training.

Franklin said Colleges Ontario is not speaking to any other companies or departments about similar arrangements, but predicts similar partnerships on the horizon.

"I can't imagine this will be the last," she said.

THE CANADIAN PRESS

BY THE NUMBERS

12,000

The approximate number of McDonald's managers who could choose to pursue higher education.

120

McDonald's managers enrolled in a similar programme that has been running in British Columbia since 2014.

15%

Management turnover rate at McDonald's Canada is about 10 to 15 per cent a year.

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> **Now real life is happening and we are growing up and I think we are finding more of our groove.**
>
> Mackenzie Di Millo

Monday I Retire release their new self-titled EP this Saturday at the Rainbow Bistro. CONTRIBUTED

Band's music grows with them

BACKSTAGE PASS

Monday I Retire sound matures as a reflection of experience

Trevor Greenway
Metro | Ottawa

Mackenzie Di Millo has finally found her "groove."

The local smoky jazz singer has spent the last four years sharpening her sound, crafting her croon and refining her range at Carleton University, where she's wrapping up a vocal jazz degree.

It was the exact kind of lesson she needed to break out of that teenage sound she dropped on her first Monday I Retire record nearly six years ago.

"My voice was five octaves higher on that EP, so I try to not listen to it, because it's a bit alarming," laughs Di Millo.

"At that point, writing songs, you are kind of making it up with imaginary scenarios and now real life is happening and we are growing up and I think we are finding more of our groove."

Most of the band members have grown through those tough coming-of-age years where you are finishing school, experimenting psychedelically and finding out where exactly you fit in society.

The music reflects that. A quick listen to Monday I Retire's first EP Worn & Reeling reveals a 15-year-old Di Millo singing over jazzy pop anthems with blues-rock scales planted throughout — tracks with heart, but perhaps missing a bit of that soul that clearly drives the band now.

Tossing on the band's new self-titled EP is almost like going from Radiohead record to Radiohead record. It sounds like an entirely new band.

The band has kept its jazzy sound, but it's been overhauled with Di Millo's refined vocals, her brother Ben's R&B key strokes and funky guitars, André Morrill's grooving baselines, M.J. Heney's silky guitar work and Stephen Adubofuor's fun popcorn drumming.

Ben credits the band's growth to their dedication to the local music scene.

"A lot has happened in university and meeting new folks in the music industry, discovering stuff and going to shows," he says.

"I know my music taste, I wouldn't say has changed, but has certainly broadened."

Another part of what has helped the band mature is their ability to subtly weave their musical influences into their own auditory quilt, without copying, imitating or replicating a certain sound.

You can hear Morrill's love of prog-rock in the building bass lines throughout the album and Di Millo's obsession with soul queens Susan Tedeschi and Liane La Havas.

And you can tell bandmates were listening to a lot of D'Angelo while writing the album, as the whole feel of the new EP is drowning in dripping R&B soul.

"Everyone in the band listens to completely different things," says Di Millo, adding that the band's diverse musical taste helps them expand their own musical conscience.

Playing shows has helped the band grow, too. Just because Monday I Retire hasn't released new music since 2010 doesn't mean they haven't been gigging.

They've gone on mini tours, played last year's Marvest in the Glebe (the first time I have ever seen a lineup for an opening band at 7:30 p.m.) and the band hit the jackpot this year when they landed a gig at Ottawa Bluesfest, their biggest crowd ever.

Ready to Retire? Not quite.

Monday I Retire drops their self-titled EP Saturday at the Rainbow Bistro.

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Funding proves cycle tracks possible

INFRASTRUCTURE

Feds announce $1M for Booth Street bike lane project

Emma Jackson
Metro | Ottawa

Booth Street will get cycling lanes – eventually.

A major federal funding announcement Tuesday included $1 million for a Booth Street segregated cycle track between Albert Street and the Sir John A. Macdonald Parkway, effectively proving the city can indeed install bike infrastructure on the Booth Street bridge.

But it won't happen any time soon: even once the bridge is open, the track likely won't be installed until 2018 or later, said asset management manager Alain Gonthier.

"Right now the focus is basically making sure the Confederation Line is done" before considering any cycle track construction, Gonthier said.

Cyclists and downtown councillors were appalled to learn earlier this summer that the new bridge, which is under construction over the new light rail line, didn't include any cycling connections to Pimisi Station or future residential developments at LeBreton Flats. Staff said there wasn't enough room to do them safely.

Somerset Coun. Catherine McKenney immediately met with staff to try and figure out a retrofit, but with construction already well under way it was too late. Soon after, the city's list of federal transit funding requests was sent off to the infrastructure minister.

McKenney said the $1 million committed Tuesday boosts her confidence that the cycling tracks will become a reality eventually.

"They've agreed it is possible," she said, noting she had faith in transportation general manager John Manconi to find a way. "I was always confident that it was going to happen, more so now that there's money attached."

Gonthier said the $1-million federal contribution won't cover the entire bill.

> **"I was always confident that it was going to happen, more so now that there's money attached.**
> Alain Gonthier

DISABILITY SERVICES

Official calls adult care 'fragmented'

The Ontario ombudsman says the province is failing families who care for adults with development disabilities.

"When we first began this investigation, we encountered the same roadblocks many of these families had faced for years: a fragmented, overly complicated system of service agencies and funding programs and a baffling lack of flexibility from officials at the top," said Ontario ombudsman Paul Dubé.

His report, released Wednesday, made 60 recommendations – including one that says police forces need to develop a model for dealing with cases of abuse by caregivers of adults with developmental disabilities.

Ottawa police have a model in place already.

In Ottawa, calls of that nature are directed to a two-person elder abuse and vulnerable persons task force. The task force officers are aware of resources for adults with developmental disabilities, and can properly investigate allegations.

One of the case studies in the report was about a 23-year-old Ottawa man, who came in contact with the special task force.

The man, who the report refers to as 'Adam', has severe autism and suffered from parental neglect.

Staff at Adam's Ottawa school called police because he often arrived at school with soiled diapers, smelling of urine, feces and mould.

The officers charged Adam's parents with failing to provide the necessities of life, and while the father was co-operative, the mother assaulted the arresting officer.

Adam was potentially going to return to the same home at the request of his case management agency, but police intervened and insisted it was not suitable for Adam to return to the same home. He was later placed in appropriate housing with approved public funding.

BRIER DODGE/METROLAND MEDIA

Ombudsman Paul Dubé
TORSTAR NEWS SERVICE

MISSING

Rebecca McCaffrey found safe after six-day search

Rebecca McCaffrey has been found after a six-day search.

The 30-year-old was found in the city's east end on Tuesday at around 7:30 p.m., according to Ottawa police.

She was taken to the hospital, following an assessment by paramedics. About 70 volunteers searched wooded and isolated areas in the city's west end on Monday morning.

Also on Tuesday, Ottawa police found Manon Dessureault safe and sound. The 48-year-old had gone missing July 31.

LUCY SCHOLEY/METRO

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Screenshot from Space Frontier: Dawn of Mars. CONTRIBUTED

Museum opens up whole new frontier

TECHNOLOGY

Mobile games will help take visitors inside the exhibitions

Haley Ritchie
Metro | Ottawa

Most people would agree that seeing a plane from World War I is interesting, but flying it would be cooler. You might also be interested in reading about a colony on Mars, but how much more exciting would it be to help build one?

The Canada Science and Technology Museum can't let you do those things inside the building, but it's letting you try out both experiences in new educational video games, available for download on your iOS and Android devices at home.

In September the museum will release Space Frontier: Dawn of Mars, a Simcity-like take on futuristic science.

In the game, developed by Toronto-based SEED Interactive, you play as Laura Hopewell, the Canadian leader of a fledgling colony trying to establish itself on Mars. From there, the player controls gathering resources, training colonists, expanding with new buildings and dealing with space-specific emergencies like dust storms.

International advisors, all with their own personalities and home countries, offer advice. "It's grounded in reality and we have science facts and science missions that come up, but gameplay was also a real priority for us," said Britt Braaten, a member of the museum's staff who helped create the game.

"You're trying to grow the colony and grow your population," she said. "It's addictive."

"I want it to be a fun game that shows the museum is trying to make science fun and accessible," said Braaten. "We're trying to speak to people in all the ways they want to listen."

The Mars simulator comes after the museum's success with a World War I aviation themed game called Ace Academy: Black Flight that recreates Canadian air fights. Museum CEO Alex Bena calls it "Band of Brothers without the HBO budget" and some of the aircraft in the game are 3D-scanned objects from the museum's own collection.

Both games were a six-to-eight-month long collaboration between museum staff, historians, scientists, government agencies and game development companies. Space Frontier was developed by Toronto-based SEED Interactive.

While they're an investment, Bena said many people might be surprised to know that developing the games is a fraction of the cost of putting on a full exhibition.

"The authentic is still important but if you're in New Zealand and you want to know about Canadian aviation history, you have access to Black Flight. We can engage people all around the world," he said.

"It doesn't replace a visit to the museum but if my child is able to play a meaningful, historically accurate game as opposed to Candy Crush, I think we're going in the right direction."

> **I want it to be a fun game that shows the museum is trying to make science fun.** Britt Braaten

CONSTRUCTION

Development plans Heron Road facelift

Herongate residents will likely be welcoming several hundred new neighbours to the community within the next couple of years.

Plans are moving forward by property owner Timbercreek Developments to construct three six-storey apartment buildings that will be home to 436 bachelor, one-, two- and three-bedroom units and a 150-square-metre corner convenience store.

> **They want to try and upgrade the streetscape.** Jack Stirling

"Heron Road is an important street that could use (new businesses)," Alta Vista Coun. Jean Cloutier said. "With 1435 Heron (Road) or the Federal Study Centre (across the street), there might be some (residential) development there in the future so modest commercial on the ground floor at Heron and Sandalwood might be a good thing."

Jack Stirling, with Ottawa-based Stirling Group, who is consulting on the project and submitted Timbercreek's site plan control application to the city, said the convenience store aspect is part of a larger plan.

"They want to try and upgrade the streetscape and make it more active," he said. "Timbercreek would like there to be a convenience (store), retail, even possibly a restaurant in the faces of one of these buildings that would serve the buildings and serve the surrounding area," he said.

The current redevelopment will replace a dozen townhouse complexes, where 54 families lived but were told to move by the end of February, and some underground parking. The new complex will also feature ground-floor patios, balconies, 220 bicycle parking spots and 351 underground vehicle parking spaces.

ERIN MCCRACKEN/METROLAND MEDIA

HOUSING

Taylor's new task: tackle homelessness

Lucy Scholey
Metro | Ottawa

Mark Taylor has a new job at city hall.

The Bay Ward councillor is the new "special liaison on housing and homelessness issues," the mayor's office announced on Wednesday.

Among Taylor's new tasks:

- review how the city is cutting back emergency shelter stays;
- report back to the community and protective services committee in 2017 and 2018, or possibly more frequently; and,
- juggle the relationships between city hall, housing community groups and funding partners "with a focus on breaking down silos and accelerating the City's progress on housing and homelessness issues."

Providing more affordable housing is high on Mayor Jim Watson's to-do list. In the last municipal election, he promised to cut emergency shelter use by 15 per cent in five years. That deadline is coming up in 2019.

Taylor — who's also a deputy mayor — has a lot of work to do before then.

Coun. Mark Taylor has been named the city's new housing and homelessness liaison. METRO FILE

While the average length of stay in emergency shelters has decreased, more people are using homeless shelters, according to the Alliance to End Homelessness Ottawa.

A 2015 progress report notes a 4.9-per cent increase in the number of homeless people accessing emergency shelter beds from the previous year.

Meanwhile, the average length of stay in emergency shelters reduced from 78 days in 2014 to 73 days in 2015 – or 6.4 per cent.

The city adopted its inaugural 10-year homelessness plan in 2013. Now Watson wants Taylor to speed up that progress, too.

The new role isn't a stretch for the Bay Ward councillor. He's a member of Ottawa Community Housing, the city's health board and an AMO task force on homelessness.

He also chaired the community and protective services committee last term, when councillors approved $400,000 to help the YMCA renovate the Centretown facility to add more transitional housing units.

In an emailed statement, Taylor said he was "honoured" to be named the new housing liaison.

"I am looking forward to working with every partner and everyone in our community to ensure Ottawa is a community where everyone has a home because everyone matters."

Hundreds march for reconciliation

FIRST NATIONS

Rally focused on poverty, housing, youth

Haley Ritchie
Metro | Ottawa

Hundreds marched in a downtown rally on Wednesday asking the federal government to move faster on its commitments for reconciliation on the national day of reconciliation for indigenous persons.

The rally brought marchers, many waving red Unifor flags, from the convention centre down Wellington Street to Parliament Hill.

Marchers were led by five drummers and Ontario Regional Chief Isadore Day, who thanked Unifor president Jerry Dias for organizing the rally.

"It's good to give grand political speeches, but I think it's an important time for dialogue. Not just among government and First Nations but among Canadians," said Day, encouraging those at the rally to take his message back to their dinner tables and break rooms.

Day's speech focused on several different priorities for reconciliation, including getting drinkable water for communities, poverty in the North, housing shortages in Ontario, funding for youth education and funding cap for on reserve programs.

Juno-award winning Inuit songwriter Susan Aglukark was also at the rally and performed her song O Siem, emphasizing family and healing.

"The words we hear consistently are 'It's time.' It's an exciting time to be an indigenous person, and it's an exciting time to be a part of something as exciting as this," she said.

The rally was led by five drummers. HALEY RITCHIE/METRO

HISTORY

Life story project gets new chapter

The second chapter for the Great Stories Never Told program has officially begun.

Those associated with the Sonshine Community Ministries project in which senior citizens record their life stories on paper and video gathered to launch the second round of the program from their St. Joseph Boulevard office.

Eugene Perabo, who took part in the first phase of the project, was encouraged to write his own story after writing his father's. His son took the time to read a few pages a night to Perabo's granddaughters.

"It's for your children and grandchildren, but it's also for yourself so you can reflect on your life," he said.

Ottawa-Orléans MPP Marie-France Lalonde celebrated the $5,000 in funding the project received from the province at the phase two launch.

She said it's important to capture information and stories so they don't fade away.

Program manager Kofo Iziomon said the group is now accepting registrations for the second session of the program. The project is open to seniors aged 55 and up.

It costs $50 to take part in the subsidized project, with an additional fee to have a video produced, or more than 50 photos scanned and used. The $50 fee includes a 25-page publication.

The first person to sign up for the second phase was Fazlollah Reza, who is 101 years old.

Reza, a professor and former ambassador to Canada from Iran, is accomplished in multiple academic fields.

His daughter, Sharieh Reza, said friends heard about the Great Stories Never Told project and encouraged her father to get involved.

"Memories are important," Sharieh said. "We need our memories for future generations."

It'll be up to the elder Reza to decide what he wants to include in his life story.

BRIER DODGE/METROLAND MEDIA

Fazlollah Reza
BRIER DODGE/METROLAND MEDIA

IN BRIEF

New post for cabinet minister responsible for defunct Ontario pension

An Ontario cabinet minister who had been responsible for a now-defunct pension plan is being given a new post in the education ministry.

Premier Kathleen Wynne announced that Indira Naidoo-Harris is now associate minister of education, responsible for early years and child care.

Wynne had been pushing for years for an improvement to the Canada Pension Plan, but established an Ontario Retirement Pension Plan when it appeared a CPP enhancement wouldn't happen under the previous federal government.

But in June, the country's finance ministers reached an agreement on CPP, so the ORPP, which was to start in 2018, is no longer needed.

The Liberal government spent $70 million to create the no-longer-needed ORPP.

Ratification of the CPP agreement in principle has been delayed by British Columbia. THE CANADIAN PRESS

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Spike in home fires for two straight years

EMERGENCY SERVICES

Head of fire department says cigarettes are to blame

Emma Jackson
Metro | Ottawa

Cigarettes are a prime suspect behind a two-year spike in residential fires.

Ottawa fire fighters responded to 205 more fires in 2015, 22.3 per cent more than 2014, according to the department's annual report.

That pattern has only worsened in 2016, according to fire chief Gerry Pingitore, who said the dry summer has fuelled a growing trend toward cigarette fires.

He said "more and more fires" are being started when people butt out in potted plants or the front lawn.

More smokers choose to smoke outside, Pingitore said, and potting soil is increasingly mixed with chemical fertilizers, mulch and other additives that could fuel rather than stifle a fire. Throw in a record dry summer, and you've got a recipe for disaster.

> The real danger is they (cigarettes) go undetected and the wind picks up at night and they ignite.
> Fire chief Gerry Pingitore

"You put a cigarette in that pot and it smolders and smolders," Pingitore said. "The real danger is they go undetected and maybe the wind picks up during the night, and they ignite."

It's an issue especially at multi-residential buildings, which Pingitore said accounted for nearly half the extra fire calls in 2015.

Those fires can spread faster, are harder to fight and put more lives at risk, he said.

It's a strain on resources, too, particularly if the building is "lightweight construction" made of pre-fabricated building materials.

"We send many more fire fighters to an address that is that type of construction," he said.

On the prevention side, Pingitore said his officers are "keeping up" with increased inspection demands but he's "monitoring very closely" to see if more staff will be needed down the road.

Mayor Jim Watson at the site of a future light rail station on Tremblay Road with federal infrastructure minister Amarjeet Sohi, left, and Ottawa-Orleans MPP Marie-France Lalonde. EMMA JACKSON/METRO

PUBLIC TRANSIT

Federal money gives boost to stage 2 LRT

Ottawa's stage two LRT is picking up steam with some extra help from the feds.

The city will get $45 million for preliminary engineering work as part of a $155.9-million federal funding package for public transit projects, as well as $1.25 million to separate the O-Train and Via Rail tracks in time for 2018, the government announced Tuesday.

The funding will help the city "follow the timeline they've set for stage two," said Brook Simpson, press secretary to infrastructure minister Amarjeet Sohi, who couldn't be reached Wednesday.

It's also a load off property taxpayers' backs, according to Mayor Jim Watson, who said these early costs were largely covered by the city during stage one.

Despite obvious support, there's still no formal agreement from the federal Liberals to cover one-third of the $3-billion project. The massive expansion would extend light rail service to Bayshore, Orleans and Riverside South. But Watson said he has "absolutely no reservations" that the Liberals will cover their $1-billion share.

He's had promises in writing and in person from Prime Minister Justin Trudeau and local MPs. With Tuesday's announcement, Watson said he's even more assured. "The very fact that they've actually put a significant amount of money down for the pre-engineering work is another indication that the commitment is there," Watson said. City officials want an agreement this year so they can award a contract in 2017.

EMMA JACKSON/METRO

ST-PIERRE LAKE

Police say no foul play in Val-des-Monts drowning. Police in West Quebec have ruled out foul play in the death of an Ottawa man who drowned in a Val-des-Monts lake on Saturday.

MRC des Collines police say an autopsy for Zachary Mitchell confirms the 21-year-old died after drowning in St-Pierre Lake. He jumped off an 18-foot-high balcony and "would have consumed alcohol beforehand," according to a news release. He did not hit anything before landing in water.

The autopsy also confirmed "no other elements suggest that he could have been victim of a crime." The investigation is ongoing and a toxicology report is not expected for another few weeks

LUCY SCHOLEY/METRO

Members of Heiltsuk First Nation, in Bella Bella, B.C., believe the Royal family's Sept. 26 visit will benefit their tourism sector, and long-term reconciliation. COURTESY HEILTSUK TRIBAL COUNCIL/FACEBOOK

Bella Bella awaits royal family visit

FIRST NATIONS

British royalty to tour remote community

David P. Ball
Metro | Vancouver

The quiet coastal Heiltsuk community of Bella Bella is home to roughly 1,600 people, but it's set to get a whole lot busier over the next month as it readies to host the Duke and Duchess of Cambridge.

The British royal family members — Prince William, Kate Middleton and their two children Prince George and Princess Charlotte — will visit the remote village on Sept. 26 as part of their week-long Canadian tour announced this week.

Harvey Humchitt is a Heiltsuk hereditary chief and the First Nation's research coordinator in its resource management department.

He said the high-profile visitors will likely take in a flight over the surrounding wilderness, and visit Bella Bella's independent community school, which for decades has been an example of Heiltsuk "control over our own education," he said.

On Tuesday, Humchitt described the mood in the community following the news of the upcoming tour as "excited" because — despite visits from governors general, celebrities and politicians — it's the first visit from royalty.

"We've never really had any royal visitors in Bella Bella," he told Metro in a phone interview. "A lot of our people believe this happens once in a lifetime.

One of the key roles of the traditional hereditary chiefs, he explained, is to protect the Heiltsuk people's lands. So the royal visit from Britain's own hereditary leadership is a chance to showcase the community's success defending its territories from industrial exploitation, oil tankers associated with the proposed Northern Gateway pipeline, as well as opposing Grizzly bear trophy hunting.

"We know there has to be some development in our territories, but we try to do it in a sustainable fashion. We've worked really hard to manage and control harvesting of logs in a sustainable way and the oceans clear of fish farms."

Marilyn Slett, who is the elected Chief Councillor of the Heiltsuk Tribal Council, told Metro the details and logistics of the visit are still being worked out.

But key elements will include an invitation to walk in part of the "largest temperate rainforest left in the world" — known as the Great Bear Rainforest — and see the locally managed salmon hatchery.

IN BRIEF

Sarnia mayor invites U.S. 'invaders' to return to city

The mayor of an Ontario city that was unwittingly visited by 1,500 wayward Americans over the weekend says he'd like the temporary visitors to return — but this time with money, clothes and passports. Sarnia Mayor Mike Bradley says it cost his municipality more than $8,000 after Americans on inflatable rafts and boats drifted off course Sunday due to high winds and strong currents.

THE CANADIAN PRESS

RIDESHARING

The 'Peg wants Uber

Braeden Jones
Metro | Winnipeg

Winnipeg may be the city that Uber forgot. But, Jay Hall is bound and determined to remind the company that plenty of people are ready and waiting to ride.

Hall has started a petition that aims to bait the hook for ride-sharing companies to break into the market. It calls on Premier Brian Pallister and Mayor Brian Bowman to "get Uber or Uber-like regulations for Manitoba's taxis."

The company's entry into other cities has sparked debate around the world. But, as far as Hall is concerned, many Winnipeggers are ready to roll out the welcome mat.

People are continually posting stories about negative experiences with taxis, said Hall, who runs a Facebook page called The Winnipeg. Even more have been posted on his petition page — which has more than 350 signatures — with issues raging from safety concerns to rude drivers.

Hall's push for change aligns with the Manitoba Taxi Cab board lending an ear to the public via surveys at wpgtaxistudy2016.ca.

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Liberal MPs catching up at retreat

POLITICS

Economy, middle-class, bonding on the agenda

Liberal MPs began catching up on vacation stories and other tales from outside the political bubble Wednesday evening as they began arriving for a summer retreat to get ready for a year of tough choices as the government figures out how to deliver on its long list of promises.

"It's good for all of us to get together, talk about what issues are coming up in our constituencies, so we can filter it in to the fall agenda," Veterans Affairs Minister Kent Hehr said as he greeted his Liberal caucus colleagues in the lobby of a hotel in Saguenay, Que., about 210 kilometres north of Quebec City.

Prime Minister Justin Trudeau is scheduled to arrive here Thursday morning, when the meetings begin in earnest, where he will address the national caucus after they have gathered in smaller regional groups.

The Liberals are being encouraged to spend their free time in the area, with a community event promising a chance for local residents to mingle with Trudeau and the MPs scheduled for Thursday evening.

The details of what will take precedence on the fall legislative agenda have yet to be shared, but Liberal MPs headed into two days of closed-door meetings said they hope for substantial discussions on everything from electoral reform to a review of anti-terror legislation.

The summer caucus meeting comes on the heels of a cabinet retreat in Sudbury, Ont., where the stagnant economy provided the context for a message that the second year in power will require some patience and acceptance of the fact that the government cannot please everyone all of the time.

Liberal MPs are returning from their summer breaks with local concerns, arising from the numerous town halls cabinet ministers asked them to conduct in their ridings, the canvassing the Liberal party has asked them to keep up and their own ties to the regions. THE CANADIAN PRESS

EXPENSES

- The political pressure is mounting on Prime Minister Justin Trudeau to outline specific measures to control spending among his cabinet ministers, now that two of them find their own practices under the microscope.
- New Democrat caucus chair Charlie Angus and ethics critic Alexandre Boulerice have written to the prime minister about "questionable expenses" that they say may breach Trudeau's own standards of conduct when it comes to public funds.

Prime Minister Justin Trudeau greets members of a Syrian refugee family during Canada Day celebrations on Parliament Hill, in Ottawa. The NCCM, the Islamic Social Services Association and the Canadian Human Rights Commission have developed a guide for educators to help them understand the impact of the trauma Syrian kids have experienced abroad and also the experience they, and other Muslims, have of Islamophobia in Canada. JUSTIN TANG/THE CANADIAN PRESS

TOLERANCE

Guide helps schools to battle Islamophobia

Last spring, school boards grappled with the practical issues that came with welcoming thousands of new Syrian students: finding them desks, pencils, books.

But as they gear up for this school year, Muslim organizations hope they can turn their attention to another problem: warding off the dirty looks — and worse — that many Muslim students say they get at school.

Schools have wrestled with Islamophobia since the terrorist attacks of 9/11 but there was never intense educator interest in combating the problem, said Amira Elghawaby, communications director for the National Council of Canadian Muslims.

That's changed, she said.

"The previous federal election where Islam and Muslims were at the forefront for all the wrong reasons, combined with the arrival of Syrian refugees, suddenly this is on people's radars," she said.

> **The biggest take away is just to put yourself in the shoes of a Canadian Muslim student or a newly arrived refugee or immigrant student who is Muslim.** Amira Elghawaby

As upwards of 25,000 Syrians have arrived in Canada since November, her organization has begun fielding far more calls about the issue — ranging from people ranting about refugees seeking to change Canadian culture to parents panicked about their child experiencing Islamophobia. Teachers, too, were phoning, seeking resources to help them understand the issue and how to respond.

So the NCCM, the Islamic Social Services Association and the Canadian Human Rights Commission have developed a guide for educators to help them understand the impact of the trauma Syrian kids have experienced abroad and also the experience they, and other Muslims, have of Islamophobia here.

One Winnipeg woman said she welcomes the fact the Syrian arrivals are forcing a discussion.

Two years ago, her then-ten-year-old daughter was taunted by a substitute teacher for wearing a head scarf. The teacher went so far as to try and grab the girl's hair through the scarf.

It was the same school the woman herself had attended decades earlier, a school where she wore a hijab without attracting a second glance.

"We like to think we're getting more tolerant," the woman said, speaking on condition of anonymity to protect the identity of her children.

She said the fact her daughter was comfortable going to the principal shows the power of a school taking the time to create an environment that's inclusive of Muslims.

She hopes the guide can help lay that groundwork elsewhere.

"What if this had happened to someone with immigrant parents, who maybe don't speak the language, who'd been taught teachers were always right?," she said.

THE CANADIAN PRESS

DIVERSITY

Mounties allowing hijab with uniform

Rebecca Williams
Metro | Toronto

The RCMP has adopted a new policy that allows female Muslim officers to wear the hijab.

RCMP Commissioner Bob Paulson, the only officer allowed to approve accommodations regarding faith, made the change that came into effect in an updated uniform policy in January 2016.

The policy includes an "exemption" that allows Muslim officer to wear the hijab, if they so choose, in an effort to increase the diversity on Canada's national police force.

"The Royal Canadian Mounted Police is a progressive and inclusive police service that values and respects persons of all cultural and religious backgrounds," Public Safety spokesman Scott Bardsley said.

In 2015, the RCMP began a recruiting blitz with the objective of increasing the number of visible minorities on the force by 20 per cent. In 2013, the number of officers that self-identified as a minority was just 8.7 per cent.

MARINE LIFE

This savvy seal is too clever for its predator

A seal dodged a troop of orcas on the hunt in B.C. this week. CONTRIBUTED

A savvy seal outwitted a troop of orcas on the hunt off the coast of B.C. this week, flopping onto a whale-watching boat for safety as the killer whales circled below.

Nick Templeman, a veteran whale-watching guide, revved up the double-outboard motor Monday morning to take out a family of whale viewers north of Powell River, B.C.

Around 4:30 p.m. Templeman spotted a pod of orcas speeding south.

"They started doing sort of circles and little lunges — you can tell they're beginning to get into hunting mode."

Fifteen minutes later a wet, whiskered head popped out of the water 150 metres from the boat. The young seal had been dodging thrusts and tail-kicks from the whales, said Templeman, head of Campbell River Whale & Bear Excursions. "He'd duck underwater and eventually come back up.

"I guess he caught sight of our boat and then just took off like a rocket," Templeman said.

A chase ensued. "At points the whales weren't more than six inches from the back of the seal. It was pretty intense."

The hitchhiking seal didn't wait for a welcome. It hopped right onto the low-lying stern. Templeman dropped his waterproofed GoPro camera below the water's surface, capturing the calls and squeaks of the killer whales.

Eventually, the orcas glided off. The seal plopped back into the water once the coast was clear and soon vanished.

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'The town isn't here anymore'

NATURAL DISASTER

Earthquake leaves a trail of devastation in Italian towns

Rescue crews using bulldozers and their bare hands raced to dig out survivors from a strong earthquake that reduced three central Italian towns to rubble Wednesday. The death toll stood at 120, but the number of dead and missing was uncertain given the huge number of vacationers in the area for summer's final days.

Residents wakened before dawn by the temblor emerged from their crumbled homes to find what they described as apocalyptic scenes "like Dante's Inferno," with entire blocks of buildings turned into piles of sand and rock, thick dust choking the air and a putrid smell of gas.

"The town isn't here anymore," said Sergio Pirozzi, the mayor of the hardest-hit town, Amatrice. "I believe the toll will rise."

Rescuers carry a stretcher after an earthquake in Amatrice, central Italy, on Wednesday. The quake in central Italy reduced three towns to rubble with reports of 120 killed, and hundreds more injured, as rescue crews raced to dig out survivors. ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

The magnitude 6 quake struck at 3:36 a.m. and was felt across a broad swath of central Italy, including Rome, where residents woke to a long swaying followed by aftershocks. The temblor shook the Lazio region and Umbria and Le Marche on the Adriatic coast, a highly seismic area that has witnessed major quakes in the past.

Dozens of people were pulled out alive by rescue teams and volunteers that poured in from around Italy.

"She's alive!" two women cheered as they ran up the street in Pescara del Tronto, one of the three hardest hit hamlets, after an eight-year-old girl was pulled from the rubble after nightfall.

And there were wails when bodies emerged.

"Unfortunately, 90 per cent we pull out are dead, but some make it, that's why we are here," said Christian Bianchetti, a volunteer from Rieti who was working in devastated Amatrice where flood lights were set up so the rescue could continue through the night.

Premier Matteo Renzi visited the zone Wednesday, greeted rescue teams and survivors, and said the toll stood at 120 dead and was likely to rise. At least 368 others were injured. He promised the quake-prone area that "No family, no city, no hamlet will be left behind."

Worst affected were the tiny towns of Amatrice and Accumoli near Rieti, some 100 kilometres northeast of Rome, and Pescara del Tronto, some 25 kilometres further east. Italy's civil protection agency set up tent cities around each hamlet to accommodate the thousands of homeless. THE ASSOCIATED PRESS

+ MYANMAR

A powerful earthquake shook Myanmar on Wednesday, killing at least three people and damaging nearly a hundred ancient Buddhist pagodas in the former capital of Bagan.

BEACH

Burkini talk heats up in France

A Muslim mother from France says she's going to challenge a fine for wearing a burkini on the Riviera.

The woman — who gave her name only as "Siam" — was ordered to remove her swimsuit by French police officers carrying pepper spray and batons on August 16 in Nice.

Images circulated of at least four police officers standing around the woman just metres from the town's Promenade des Anglais, the scene of last month's Bastille Day truck attack which killed 86 people.

More than a dozen French communities along the Riviera have banned the burkini, which is much like a wetsuit but with a head covering.

Last week, Nice became the latest French resort city to ban the burkini.

Enforcement of burkini rules have triggered a fierce debate about the beachwear.

Even French Prime Minister Manuel Valls has weighed in, calling the burkini a symbol of women's enslavement.

TORSTAR NEWS SERVICE
WITH FILES FROM AFP/LE FIGARO

SPACE

Discovery of Proxima b raises hopes for life outside Earth

Out of the 100 billion stars in the Milky Way and the many multiples beyond it, one, the red dwarf Proxima Centauri, is our closest stellar neighbour.

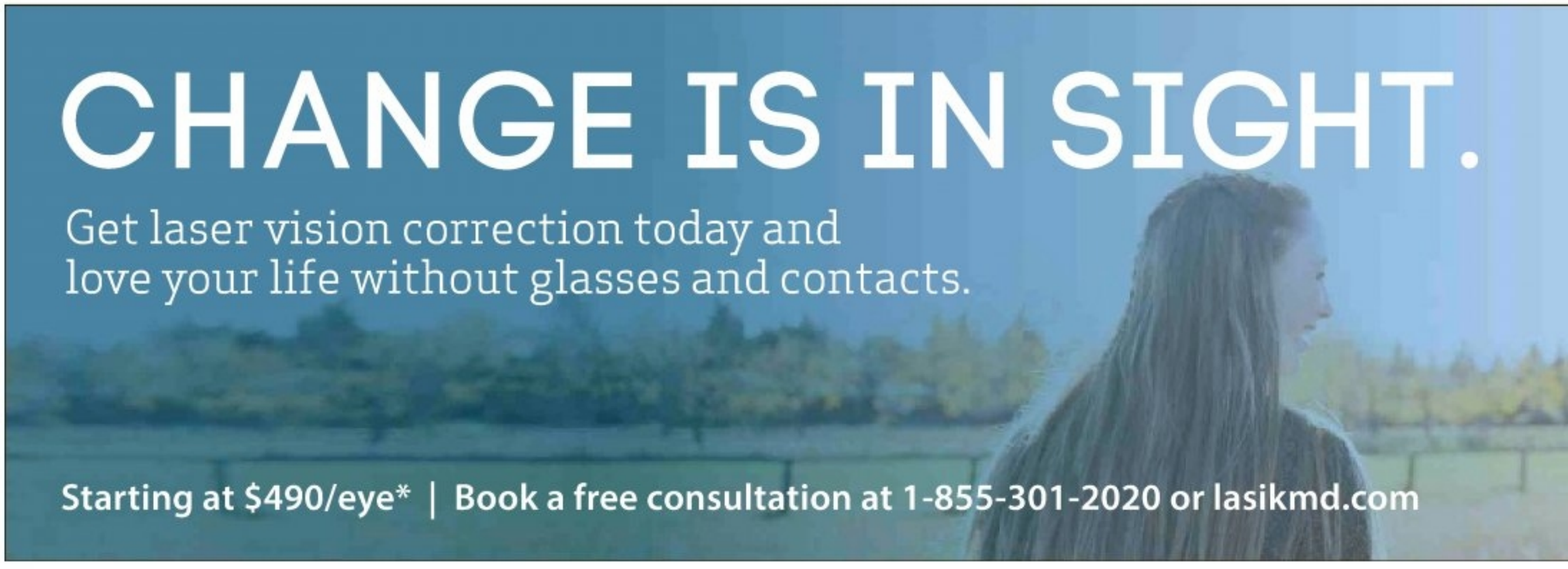
On Wednesday, a team of astronomers announced they had discovered a planet orbiting Proxima Centauri — and that the planet is rocky, has a mass similar to Earth's and sits in the "goldilocks" zone where liquid water could exist on its surface.

Twenty-five years ago, astronomers had no direct evidence of planets beyond our solar system. Today, an Earth analogue — a primary target in the search for life elsewhere in the universe — is sitting a cosmic stone's throw away. Much remains unknown about the new planet, which has been dubbed Proxima b. Just because water and life could exist doesn't mean they do.

But one fact is certain: the discovery will set off a massive push to analyze the planet and piece together its history, using current ground-based observatories, soon-to-be-launched spacecraft and maybe — a big maybe — ambitious interstellar missions that entrepreneurs and scientists want to see launched within their lifetimes.

Proxima Centauri is one of three stars in the neighbouring Alpha Centauri system, which has long been a favourite of science fiction: the movie Avatar is set on a fictional moon in Alpha Centauri, and the Transformers' home world originally orbited there. TORSTAR NEWS SERVICE

An artist's rendering of the planet Proxima b orbiting Proxima Centauri. CONTRIBUTED



Mickey, Minnie don Mountie's uniform

DISNEY

Canadian firm plans to ship 2,000 stuffies by Christmas

Two famous octogenarian recruits are set to join the ranks of the Royal Canadian Mounted Police.

Mickey and Minnie Mouse will don the Mounties' red uniform, although neither has the required Canadian citizenship.

Stuffed animal versions of the Disney characters made by a Toronto toy company, 2 blue ducks, are due to hit the shelves of mom-and-pop, airport and souvenir stores across the country in a few months.

The dolls are the fruits of more that two years of negotiations between the toy company, RCMP Foundation and Disney to ensure that the characters and uniform look just right, said Michael Glina, the company's managing director.

The toy company needed special permission from the RCMP Foundation to add a red bow with white polka dots to Minnie's standard-issue hat, Glina said.

"Normally, the hat is iconic. You can't really mess with it, but we needed a distinguishable characteristic between Mickey and Minnie."

The RCMP Foundation, a nationally registered charity, also suggested that the text on Mickey and Minnie Mouse's shoulder patch be in both official languages.

Mickey and Minnie Mouse will soon enough join the Mounties' ranks in red uniforms. TORSTAR NEWS SERVICE

"Everything from the way the hat looks, to the jacket, the boots, the eyes, the nose and mouth — every single thing has been painstakingly reviewed," Glina said.

The Mountie outfit has evolved since the late 19th century into a Canadian symbol. The Norfolk jacket, or red serge, was chosen to mimic British army uniforms. Before the wide-brimmed hat became part of the official uniform in 1902, officers wore pith helmets or pillbox hats, RCMP Sgt. Penny Hermann said.

There was no particular reason to dress Mickey and Minnie in Mountie garb, but Glina says Canada's 150th anniversary next year is as good an occasion as any.

The contract was a big score for the Toronto company with two full-time employees, Glina and his wife Jenna — plus a "product tester," their 18-month-old son Cooper.

They plan to ship about 2,000 stuffies to Canada before Christmas. The couple considered making the toys domestically, but found that manufacturing them in Canada would be too expensive, Glina said. To bring the retail cost down to around $30, the dolls are being made in China.

Mickey and Minnie aren't the only kids' icons who have embarked on a side career in Canadian law enforcement. Cookie Monster and Elmo once wore the red serge, but are no longer for sale via the Mountie Shop website.

The licensing fees go toward funding mentorship, nutrition and education programs for youth, said the foundation's president and CEO Hope Henderson. TORSTAR NEWS SERVICE

LENDING

Credit lines, car loans boost household debt

Canadians' non-mortgage debt loads picked up pace in the second quarter, putting households in an increasingly risky position, an RBC analysis suggested Wednesday.

Balances on consumer loans — including credit cards and lines of credit — grew by 2.6 per cent year-over-year, driven primarily by the continued popularity of lines of credit and auto loans. That was the first uptick in Canadians' appetite for those types of loans in 18 months, RBC economist Laura Cooper said in the report.

$1.65

Canadians owe $1.65 for every dollar of disposable income they have.

Meanwhile, mortgage loan balances were up 6.2 per cent from the same quarter of the prior year as housing prices force many borrowers to take on bigger home loans.

The report begged the question: Can consumer spending continue to drive the economy given that debt loads are so high?

Consumer spending has been the prime driver of the economy since the 2008-09 recession, a trend that has occurred alongside increases in household asset values, as home prices continue to rise.

But total household credit grew by 5.1 per cent in the April to June period, following a quarter in which household net worth advanced at its slowest pace since 2009.

Canadians households now owe a combined $1.94 trillion. A separate study by TransUnion found the average Canadian owed $21,580 in non-mortgage debt during the most recent quarter.

The percentage of both mortgage and non-mortgage loans coming from non-bank lenders — which usually come with higher interest rates and lend to riskier borrowers — rose about five per cent.

TORSTAR NEWS SERVICE

IN BRIEF

RBC 'monitoring' housing
Royal Bank is "closely monitoring" real estate markets in Vancouver and Toronto, where home prices have been climbing at a breakneck pace, CEO David McKay told analysts who wanted to know what contingency plans were in place in the event of a downturn in house prices.
THE CANADIAN PRESS

market minute

DOLLAR 77.34¢ (–0.12¢)

TSX 14,626.24 (–138.53)

OIL $46.77 US (–$1.33)

GOLD $1,329.70 US (–$16.40)

NATURAL GAS: $2.84 US (+4¢)
DOW JONES: 18,481.48 (–65.82)

metro VIEWS
Your essential daily news
Thursday, August 25, 2016

CHANTAL HÉBERT ON MANDATORY VOTING

There are serious political and practical roadblocks in the way of having a different voting system in place in time for the next election. In a deadlock, could mandatory voting offer a fallback avenue to political consensus?

In the garden of electoral reform, mandatory voting is a low hanging fruit that all parties seem content — for now — to leave on the branch.

That may change if a special parliamentary committee on electoral reform appointed to make recommendations to Justin Trudeau's government ends up deadlocked over the big-ticket item on its agenda.

In the wake of Trudeau's promise to put in place a different voting system in time for the 2019 federal election a cottage industry of electoral experts has sprouted.

The Conservative contention that no move to a different system should take place without its ratification by a national referendum is only contributing to the growth of that industry.

Policy wonks who sometimes have not been heard from since the constitutional debates of the early 1990s are coming out of the woodwork to argue for their pet voting model, or to debate the pros and cons of having a reform ratified by all voters.

So far the public's engagement in this debate has been inversely proportional to the high academic and political interest it is eliciting. Anecdotal evidence suggests that most voters do not see electoral reform as a defining issue of the Trudeau mandate.

But who knows? The unprecedented combination of a Liberal overture to do away with the first-past-the-post system with the long-held dream of the NDP and the Green Party for more proportional representation could yet lead to change. Still, the fact is that there are serious political and practical roadblocks in the way of having a different voting system in place in time for the next election.

Parties cater to those who vote. Mandatory voting would expand not only the pool of younger voters but also that of aboriginal Canadians.

Minister of Democratic Institutions Maryam Monsef appears at an electoral reform committee meeting in Ottawa in July. SEAN KILPATRICK/THE CANADIAN PRESS

In a deadlock, could mandatory voting offer the special committee a fallback avenue for attaining a political consensus?

To varying degrees two of the parties on the committee have flirted with the idea in the past. It was part of the Green party's 2015 platform. In 2014, the Liberals — under Trudeau — sounded out their members on it. It is no accident that exploring the option is part of the mandate of the special committee.

Mandatory voting is not a substitute for a more proportional voting system. It would address the issue of declining voter turnouts but would not lead to outcomes that more closely reflect the support each party receives.

Settling for a reform along those lines would undoubtedly amount to a climbdown from Trudeau's promise and fall well short of the hopes of the NDP and the Greens.

But the introduction of mandatory voting could bring about transformative change in time for the 2019 election without foreclosing the option of switching to a different voting system at some later point down the road.

It would alter the electoral dynamics in a number of quantitative and qualitative ways. Here are some of them:

In a system where voting is not compulsory, ensuring that one's supporters show up to vote is sometimes half the battle. As often as not, the need to mobilize the base takes precedence over expanding a party's tent. It also provides an incentive for parties to practice dog-whistle politics. Mandatory voting could mitigate that tendency.

And then parties cater to those who vote. Mandatory voting would expand not only the pool of younger voters but also that of aboriginal Canadians whose turnout is well below the national average. In the last election, the Assembly of First Nations identified 51 ridings where the aboriginal vote could influence the outcome.

On paper, mandatory voting tends to favour progressive parties. Throwing more young voters in the mix could spell trouble for the Conservatives. They are often the third or fourth choice of that cohort. Chances are the official opposition is no more a fan of compulsory voting than it is of a different voting system.

But it is always risky to use today's trends to predict the electoral future, and not just because political parties tend to adapt to new dynamics.

On that score, consider that not so long ago many analysts would have seen the introduction of compulsory voting in Quebec as a gift designed to keep on giving for the Parti Québécois. For most of its history, it had tended to be the party of choice of young Quebecers. The younger cohort consistently favoured sovereignty. But in 2016, the reverse would be true.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

Places to swim still beachhead for bigotry

Shree Paradkar

When Penny Oleksiak made Canadian history this month with a golden victory at Rio, she tied for first place with a 20-year-old who made Olympic history. American Simone Manuel is the first black woman to win an individual Olympic gold in swimming.

Manuel was not just swimming the 100-metre freestyle to win, she was also swimming against a historic legacy of discrimination that kept black people out of swimming pools and public beaches in the U.S., a practice that remained even after schools were desegregated.

Given these historic disincentives, a majority of young African-Americans today can't swim. To them all, Manuel's win is a beacon of possibilities.

That long step to the top of the podium provided good news at a time when, far from turning the tide towards inclusion, places to swim have been exposed as beachheads for bigotry. The place to bare bodies has also laid bare deep-seated racial, cultural and gender-based biases across the Western world. Here are three recent examples.

As reported here in Toronto in July, a hijab-wearing mother was told to leave a public pool if she didn't change her daughter's long shorts and T-shirt, although they were swimwear. (It was deemed OK for her son to wear that.)

In the United States in June, the American Red Cross was forced to apologize after a social media post elicited outrage over a safety poster that labelled white kids "cool" for obeying the rules and kids of colour "uncool" for disobeying them.

In France, the city of Cannes and 15 towns chose to uphold the nation's traditions of liberté and egalité by imposing more rules around women's clothing. On Aug. 12, it banned the burkini — full body-covering swimsuits — on its beaches. The ban does not apply to full-body covering scuba diving suits. Perhaps there was a safety angle to this?

There isn't. The city's decidedly non-Muslim mayor said burkinis were "the uniform of extremist Islamism, not of the Muslim religion."

Beaches have been on the front lines for racial supremacy, as witnessed during Australia's Cronulla Riots of 2005. That country's largest racial riots were sparked off by in Sydney's beach suburb of Cronulla between Australia's much-vaunted lifeguards (who were white) and a group of Lebanese men.

Going to the seaside can be a time of calm reflection and recreation, so why does stripping down to get into water end up stripping down the notion of inclusiveness?

Through the 20th century, going to a pool meant you could afford to pay for it, going to a beach meant you could afford the time for leisure. Both symbolized privilege and luxury, available to a select few.

Gradually opening pools and beaches to all people diluted that privilege. Modern laws don't allow for direct exclusion, but being offended by what others wear, or how they behave, simply allows the threatened elite to disguise their bigotry.

Shree Paradkar is deputy digital editor-multimedia at the Toronto Star.

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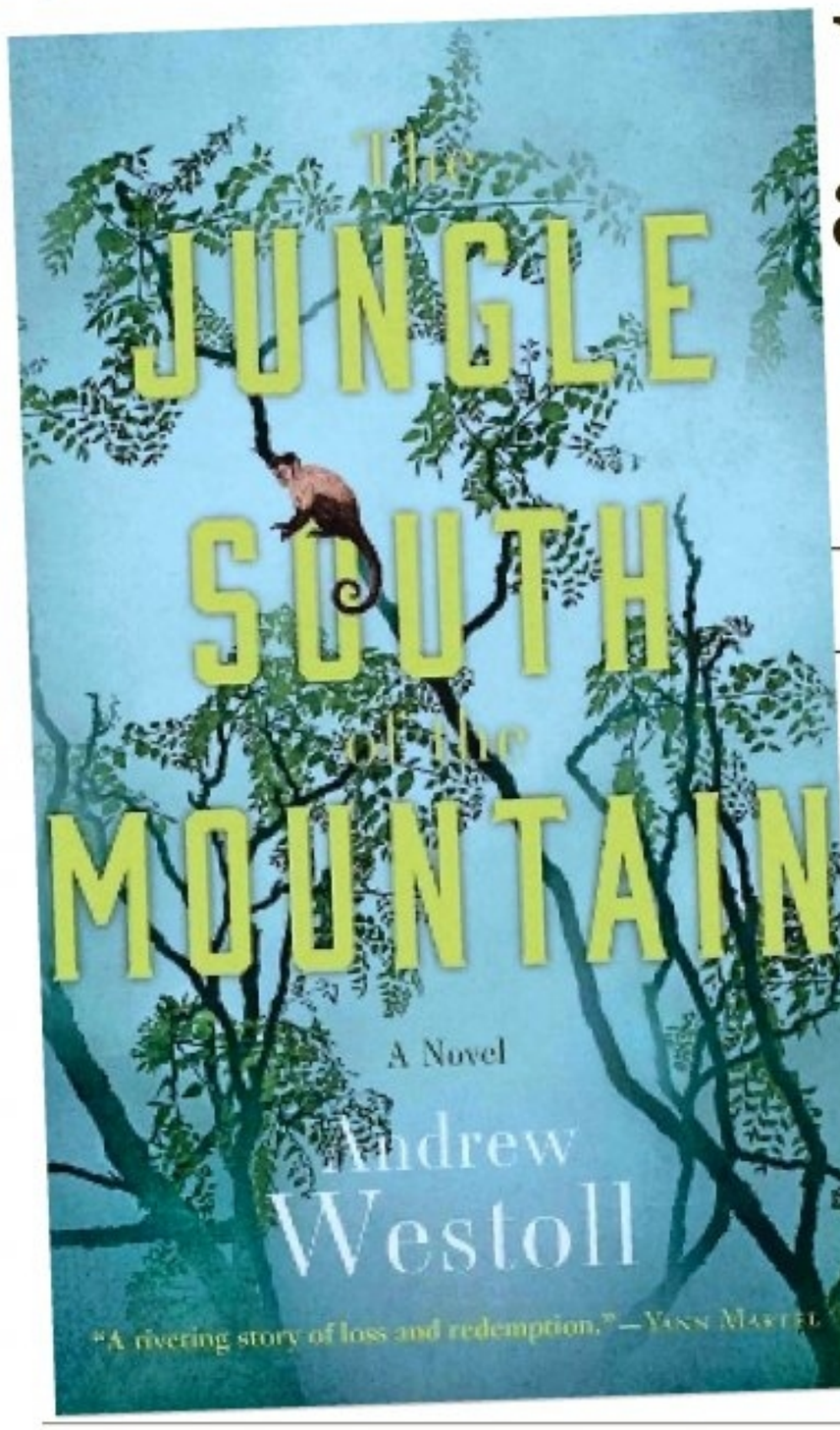

Welcome to the jungle, a magical mystery tour

NOVEL

A real attack on capuchin monkeys impacts tale

Sue Carter
For Metro Cana

It's been more than a decade since Andrew Westoll has spent time in the rainforest amongst the capuchin monkeys, but the sounds and sights, and the emotions they conjure in the former primatologist have never completely vanished.

Now, they're at the heart of his first novel, The Jungle South of the Mountain, a psychological mystery mixed with magical realism set deep in an unnamed South American country.

"I had my own experiences in the upper Amazon basin, years and years ago," Westoll says. "They just felt like they totally hadn't been put through the sieve."

Westoll, who left science to focus on writing, made a name for himself with his travel memoir The Riverbones, which captures his time in the Suriname jungle, and the award-winning The Chimps of Fauna Sanctuary, a biography of a group of rescued chimpanzees living in Quebec.

But he started his career writing fiction while working on his creative-writing MFA at the University of British Columbia. Like many authors, Westoll has an early "drawer novel" tucked away, but despite his success with non-fiction had always wanted to return to the genre.

The Jungle South of the Mountain follows Stanley, a scientist who has been living for years immersed in a rain forest on the northern coast of South America.

While in mourning after the loss of his son, and the departure of his fellow scientist and wife, Maria, Stanley finds himself embroiled in local politics and the mysterious disappearance of the troop of monkeys they've been tracking.

Stanley came to Westoll one night while wondering what would happen to a scientist who stayed in the jungle too long.

"Once I had that idea, I realized this could be a really amazing way to put my relationship to that part of my life to bed," he says.

He knew Stanley needed some kind of adversary, and so to refresh his memory, the next morning he began looking up videos of capuchin monkeys.

He came across one shaky video taken immediately after a troop of monkeys was attacked by a powerful harpy eagle.

Westoll heard a man's voice exclaim in horror, and realized it was his own. He had totally forgotten shooting the video, and hadn't realized it had been posted online.

"When I heard my voice, it all came rushing back, the power of that moment," he says.

"It's profoundly upsetting when you spend all this time with the monkeys and you've named half of them. You see them come under attack like that and it's troubling. I just knew that what's what was going to happen."

Although The Jungle South of the Mountain is far from being autobiographical, Westoll did draw on the internal conflict between rationalism and spiritual faith he's experienced in his own career.

"When I left science, I left because I believed more strongly in the larger truths that literature provides," he says.

"It's not that I don't believe the truths of science, I just didn't want to spend my life obsessing over data. I wanted to go in a different direction and use storytelling as a way of understanding the world around me."

> Once I had that idea, I realized this could be a really amazing way to put my relationship to that part of my life to bed
>
> **Author Andrew Westoll**

Sue Carter is the editor at Quill & Quire magazine.

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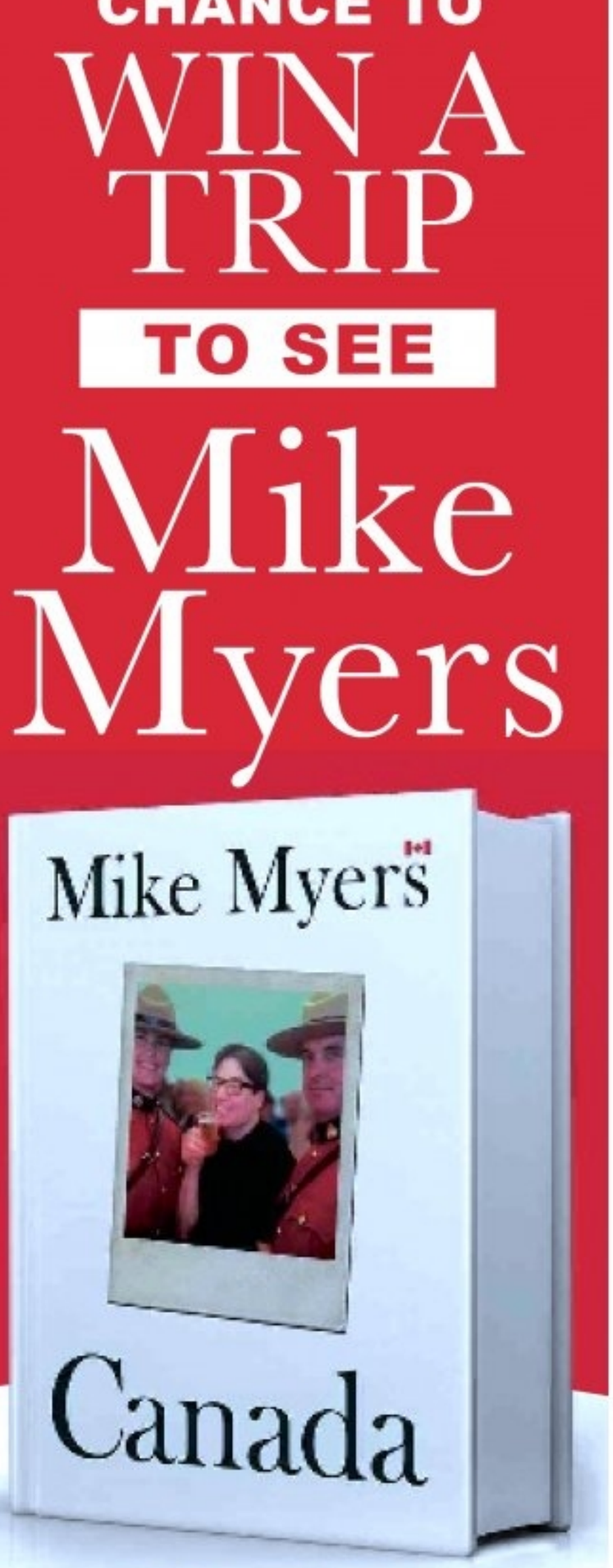

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Examining Orson Welles and the Art of Fake News

ANALYSIS

Drawing a line from War of the Worlds to Donald Trump

In 1938, the Germans had just invaded Czechoslovakia, the Depression was still raging and there were other daily terrors.

It was in this atmosphere of insecurity that Orson Welles and his company of actors, radio technicians and producers — the Mercury Theatre clan — created a radio program based on H.G. Wells' science fiction novel The War of the Worlds that scared the living daylights out of many who heard it.

It became a famous event in broadcast history. A. Brad Schwartz explores the phenomenon in Broadcast Hysteria: Orson Welles's War of the Worlds and the Art of Fake News.

Author brad Schwartz explores the legacy of Orson Welles' War of the Worlds broadcast in his new book . ARCHIVE PHOTO

> It was a lesson that you need to be critical about what you hear. A lesson that holds true today
>
> Brad Schwartz on the impact of War of the Worlds broadcast

It was a difficult time in America when Welles broadcast The War of the Worlds. The Second World War was about to begin in Europe; the Depression was still in effect. With massive unemployment in America, the scare caused by the kidnapping of the Charles Lindbergh baby, the closure of banks, the terrible hurricane that slammed New England, people were understandably tense.

I'm not sure if Welles consciously meant to create terror, but he had his antenna up and was drawing from what was in the culture at the time. There was a pervasive climate of fear and he was drawn to that.

The show had a particular impact because of the condition of the country at the time. The war, the hurricane, the Lindbergh kidnapping had all come over the radio. The radio was bringing a scary world into the living rooms of America.

While the War of the Worlds broadcast is the most famous radio show of its type, other radio stations had done similar things before. I'm thinking about WGN in Chicago and its fake news show.

Welles wasn't the first with his War of the Worlds, but he was the first who took techniques and ideas and put them in one program. What struck me was how much the normal news coverage of the time was dramatized or gussied up to make it more entertaining.

We think of that period as the golden age of journalism. But news readers were like actors with personality and events were staged.

Welles was indirectly incorporating those techniques in War of the Worlds, showing the dangers of the news format when you blur the line between news and entertainment.

So much of (Donald) Trump's rise can be explained by this need to view news as entertainment. A news organization such as CNN is a business; they are selling their product to advertisers. Trump, whatever you say about him, is entertaining.

Scholars who studied Welles' War of the Worlds determined it had far less of an impact than we were led to believe. Very few people, in fact, believed Martians had landed. But it did change the way people studied and thought about radio.

The panic was greatly exaggerated. Many were frightened by the show for a minute, yes; it may have happened before common sense kicked in. But stories about people grabbing shotguns and pulling kids into the car and racing away were very rare. Most people who were frightened, which was a small fraction of the audience, sat listening until the station break.

This story about War of the Worlds becomes a warning for the social media age.

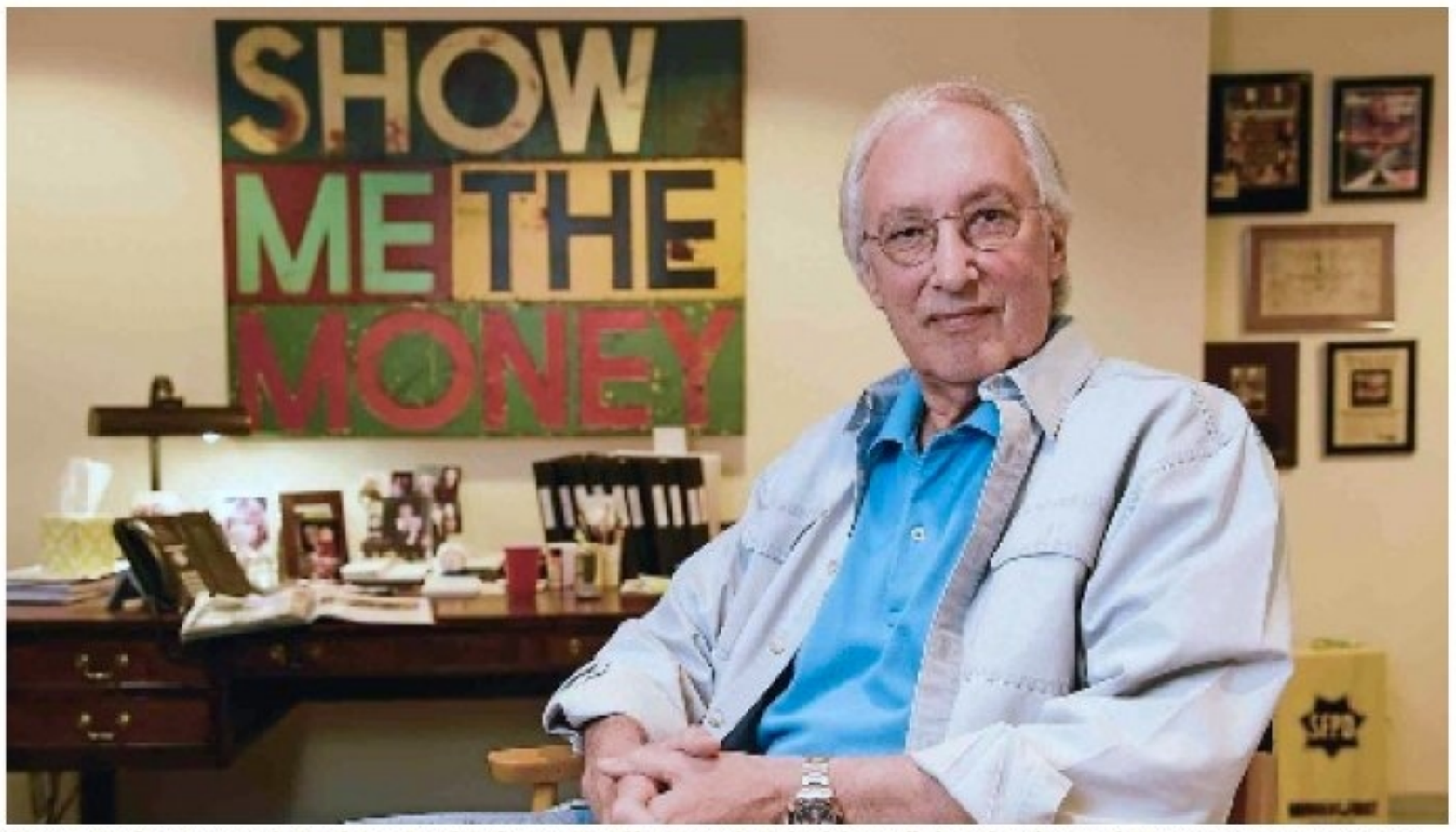
When we are in an environment where people are frightened, fear becomes contagious. It is the whole viral idea. Fast-forward 80 years to the age of Twitter, where it is about sharing information or misinformation.

TORSTAR NEWS SERVICE

He bid goodbye to the 'boob tube' era

INTERVIEW

Hill Street Blues creator Bochco reflects on over 50 years in TV



Steven Bochco's memoir Truth Is a Total Defense: My Fifty Years in Television tells how he changed TV. CHRIS PIZZELLO/INVISION/AP

For viewers who rejoice in TV's artistic upsurge, one virtuoso perhaps more than anyone can be credited for elevating the medium from its bygone "boob tube" status.

Steven Bochco flinches at the mention of his half-century writing and producing TV. Could it really be that long? But his list of credits documents his legacy. Consider: the breakthrough hits L.A. Law and NYPD Blue, the pioneering half-hour dramedy Doogie Howser, MD and the groundbreaking legal drama Murder One, which, instead of a self-contained case every week, dared to delve into a complex single case throughout the season.

Yet for Bochco, the TV revolutionary, Hill Street Blues came first. And it pretty much changed everything.

In his self-published memoir Truth Is a Total Defence: My Fifty Years in Television (CreateSpace Independent Publishing Platform; $16.99), Bochco takes the reader through his prolific career, which he began at 22 as a story editor on a popular NBC drama, The Name of the Game, and continues today with his latest creation, Murder in the First, in its third season on TNT.

In his book, Bochco recalls his great collaborations and his battles royal with actors, studio heads and network execs. Along the way, he expounds on something even more important to him: How, at age 72, he's still alive.

"Everything is fine," he reports, and looks it, as he greets a reporter at his office in Santa Monica, California. He says he's coming up on two years since the bone-marrow transplant he underwent during his battle with leukemia.

"The thing I like most about the book was the juxtaposition of a career that had a pretty great arc to it with the fight for my life.

"Most of us live our lives being afraid of death, and when it was actually on my doorstep I was terrified," he says.

Bochco grew up in Manhattan, the son of a painter and a concert violinist. On arriving in Los Angeles after college, he wrote for several series at Universal Studios.

Then he got a big break: writing the screenplay for the 1972 sci-fi film "Silent Running."

> **The biggest lesson I learned very quickly was to embrace the uncertainty.**
> Steven Bochco

It wasn't the paltry $1500 fee that soured him on his fling with the big screen. It was the disrespect he confronted as the writer: "Once you've delivered the screenplay they don't want you around, because you're gonna get in the way of someone else's vision."

Bochco resolved to stick with television, despite what, then, was its second-class standing. Nowhere was the writer's vision more revered than at MTM Enterprises, a creative hotbed where he was invited to cook up a new kind of cop drama.

Teamed with Michael Kozoll ("I was never a one-man band," Bochco says of his career) he was game for such an opportunity, with one proviso: He and Kozoll would have creative control over the script.

The pilot script they wrote, and the series that resulted, redefined TV drama. From The Sopranos to The Shield from Game of Thrones to Mad Men, the fruits of TV's latter-day Golden Age stem from Hill Street Blues. It had a sprawling universe of engaging yet flawed characters, a zippy pace. But what really set the show apart were the multiple narratives that interlaced each episode with those that came before and after.

Bochco recalls a fan telling him that Hill Street Blues was the first TV series with a memory.

"That's what I always thought of myself doing in the context of TV: craft a show that over time would have a memory," he says. "I sensed that very early in my career. It just took me another 10 or 12 years to get to the point where I earned the right to take a shot at it."

Premiering in January 1981, Hill Street Blues challenged the meagre audience that sampled. Then, on a wave of critical acclaim, the series began to click, while scoring a historic 27 Emmy nominations its first year.

During its seven-season run, it would win 26 Emmys and launch Bochco on a course that has led to dozens of series and 10 Emmys and four Peabody awards.

"I had a 20-plus-year run where I was pretty much the captain of my own boat," he says, "and I loved it. But TV is a business where the goal posts keep moving."

Even so, a new Bochco project draws from the past: A reinvention of L.A. Law, his slick legal drama that flourished from 1986 to 1994.

"What would it be, 30 years later?" he muses. To suss that out, he has reteamed with writer-producer William Finkelstein, whose credits include the original series.

They're hoping 20th Century Fox, where the show was filmed before, will sign on for a pilot to pitch to a network next spring.

"They ordered a script," says Bochco, who rewrote TV's rules and lived to tell about it, "and we'll get 'em a script."

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Is Shakespeare due for a shakeup?

THEATRE

Baffled by the Bard, thespians take a red pen to his words

Genna Buck
Metro Canada

Be honest: How much of this speech, from Act I of Shakespeare's dark comedy All's Well That Ends Well, do you understand?

O, will you eat no grapes, my royal fox?
Yes, but you will my noble grapes, an if
My royal fox could reach them: I have seen a medicine
That's able to breathe life into a stone,
Quicken a rock, and make you dance canary
With spritely fire and motion; whose simple touch,
Is powerful to araise King Pepin, nay,
To give great Charlemain a pen in's hand,
And write to her a love-line.

If you said "almost nothing," you're not alone.

Though his reputation as the be-all and end-all of English playwrights has barely budged an inch in the four centuries since his death, "the vast majority" of Shakespeare's words soar over audiences' heads, said Holger Syme, a University of Toronto English professor and Shakespeare expert.

It's a bit of a dirty little secret among theatregoers: For some "really strange" reason, people seem reluctant to admit Shakespeare is difficult, he said.

And, in the words of linguist John MacWhorter, even modest attempts to translate the Bard into modern English are seen as "sacrilege" to many literary and theatre types.

That may be changing: Some envelope-pushing productions are willing to be called blasphemous by the purists.

Clockwise from top: Nicky Guadagni (centre, long sleeves) as the countess, and Rachel Jones (far right) as the lewd clown Lavache in All's Well That Ends Well in Toronto's High Park; Frank Cox-O'Connell's hipster Hamlet confers with Rose Tuong in the role of Ophelia; a raucous scene from All's Well That Ends Well.
CYLLA VON TIEDEMANN/CONTRIBUTED

Take the traditional summer Shakespeare in Toronto's High Park. In what Syme calls their most "radical" and "experimental," season in years, Canadian Stage is presenting, on alternate nights, a compact, 100-minute Hamlet (Benedict Cumberbatch's version clocks in at 271), and a wild, gender-bending rendition of All's Well That Ends Well where the word "slut" replaces "knave."

In the latter play, the clown Lavatch, recast as a sultry night-club singer, delivers explanatory monologues in modern English.

Audience member Chloe Wilson said she understood about 70 per cent of All's Well, though some puns and jokes escaped her. "I really liked it," she said. "For the most part, just from the context of what's happening, I find I can follow it pretty well."

Her friend Doug Tynes copped to taking in only about 40 per cent. "It's like a different language," he said.

At the heart of the debate about how to make Shakespeare intelligible to people like Doug, Syme said, is the question of what kind of confusion is good, and what's just, well, confusing.

After all, he said, people didn't speak in verse in the 1600s. Shakespeare was dense and hard to understand then, too — just for a different reason. It's why the Bard often repeated the same statement two different ways,

"Bouncing back and forth between being lost and understanding is really quite central to how Shakespeare works ... except if you're not bouncing back," Syme said.

He has his students pore over the plays' full text and footnotes, but in performance it's "ridiculous" to refuse to tweak words that make no sense to a modern audience, he said.

(In the passage above, for example, "quicken" doesn't mean "speed up." In Shakespeare's time, it meant "bring to life.")

It's an impossible burden to place on actors "to make sure people understand every word."

The words aren't where the magic comes from, explained Frank Cox-O'Connell, who stars as Hamlet in High Park.

"Plays are stories. They're not precious texts that we need to be deciphering word-by-word," he said. "We want to make the audience believe I'm really thinking this, and I'm really going through it in real time. That's the energy of a live performance."

Nicky Guadagni, who plays Polonious in Hamlet and the countess in All's Well, said audience confusion is painfully obvious in a bright outdoor park, miming a slack-jawed expression.

So, she explained, early in All's Well's run, lines like "To Paris!" and "to Rousillon!" were added to make it clear where the action was.

Birgit Duarte, who directed Hamlet, took a similar approach: She remixed the script from its most "timeless," parts: "The family dynamics we all still recognize: generational conflicts, grieving a parent, the quarterlife crisis," she said.

She said it was totally unlike her experience as a director at the Stratford Shakespeare Festival: home of beautiful, expensive, epic plays that barely stray from the text or the period aesthetic.

Syme recently watched a subpar but faithful Macbeth, a play he's been teaching for 12 years.

"I was struggling to make sense of speeches I know quite well," Syme said. "I'm sure some people are so immersed in the language that they never trip up. But I find that hard to imagine."

He said the theatre world needs to confront the "persistent myth" that if you're human, you'll understand Shakespeare's transcendent words. Otherwise, he said, the Bard risks "becoming a sort of museum: You go because that's what you do as an educated person."

"That's not how theatre works.

"It's supposed to do something to you."

TEST YOURSELF

It's hard for even the most literary theatregoer to follow a Shakespeare play. Some words, circa 1600, meant the exact opposite of how we understand them today. Take these lines from Hamlet:

"I'll make a ghost of he who lets me."

Lets, in this sense, actually means "prevents."

"Here's fine revolution, and we had the trick to see't."

And, here, means "if," not "in addition to."

HOLGER SYME/BIRGIT DUARTE

> **I'm worried about Shakespeare. It risks becoming a sort of museum: You go because that's what you do as an educated person.**
> Holger Syme, professor

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Can they say that on network TV?

INTERVIEW

It's the after-party conversations that reveal most about friends in their 20s

Melita Kuburas
Metro | Canada

As the saying goes, "write what you know" — and if that's true then a TV series about being drunk and high at 4 a.m. is right in Ira Parker's wheelhouse, he jokes.

Parker is the creator of Four in the Morning, a comedy launching Friday at 9 p.m. on CBC about a group of friends in their 20s who, after a night of partying, discuss oral sex, abortions, failed job searches and relationships. Speaking really fast, they proclaim love and confess betrayal of one another, sometimes in the same breath (there are 15 pages of dialogue in just the opening scene of the pilot, which takes place in a diner).

If it sounds like the show may push the limits of network TV, it probably will. This ain't no Little Mosque on the Prairie.

When Parker, who has roots in Toronto but now lives in L.A., first learned CBC was interested in the show, he says he was terrified they would want to censor it. But a meeting with reps indicated the network wouldn't tone down it down to the point of Pollyanna.

"My first question was — 'Do I have to take out all the "f—ks"? And they looked at me, and they were like, 'No, leave them in," Parker tells Metro. "So I pushed it a little bit more: I was like, 'I have an idea for an episode where the characters do a sh–t-ton of blow. Can I do that?' And they were like, 'Yeah, as long as it makes sense for the story, go ahead.'"

Four in the Morning stars Daniel Maslany as Bondurant, Lola Tash as Mitzi, Mazin Elsadig as William and Michelle Mylett as Jamie. The diner scenes were filmed in Toronto's Patrician Grill on King Street East. CONTRIBUTED

Over the course of the season, we're really gonna put these relationships through the ringer
Ira Parker, about backstabbing and betrayal in Four in the Morning

Four in the Morning is not a show about debauchery, however. It's about those rare moments when the booze starts to wear off that might reveal more tender, sweet and sad aspects of young adulthood.

"I wanted to jump in after the partying and recklessness," says Parker. "After you've been out all night, what is that walk home like? What is that hyper-emotional melodramatic evening like? When you say these things that you rarely have the competence or the courage to say during the more reasonable hours of the day."

For Daniel Maslany's character, a boisterous jazz musician named Bondurant, that after-party gusto translates into having the nerve to tell his best friend William (Mazin Elsadig) that he's in love with his girlfriend, and expecting William to help him figure out what to do.

"I think it really establishes his unapologetic way of saying what he wants, what he feels, and how that matters," says Maslany, 27. "I think that's a big part of being in your 20s — figuring out, who am I socially? Who am I in my career? The show is about people making mistakes, and making an effort to find themselves."

While most of us would be slurring and stumbling while trying to fill our stomachs with something to soak up the alcohol, these characters sound intelligent and witty.

If that's unrealistic it's because they're unreliable narrators, made even more clear by moments of magical realism incorporated into the storyline. For instance, in the second episode the group parties with a couple of "daykids," which are people who are born with a condition that ages them an entire lifetime overnight.

For Maslany, the fantastical elements show what it can feel like to be in those strange moments at 4 a.m., where anything feels possible.

"You're in this pocket of time that's not when most people are awake. It doesn't feel restricted by the same social parameters or things you should be doing," Maslany says.

FAMILY MATTERS

Daniel Maslany on running lines with his famous sister

Daniel Maslany's theatre and musical background came in useful in his portrayal of the exuberant character Bondurant. It also helped to run lines with his talented sister, Emmy-nominated Tatiana Maslany of Orphan Black.

"My fiancé's an actor too, so I'm surrounded by other actors that are very close to me in my life. It's important to have them on your side. Everybody was so supportive during that audition process, including my sister," he says.

"It's been really exciting to see the journey she's on. Not only is she inspiring to me, but to actors everywhere because she's doing a role (in which) she's showing her diversity in the kinds of characters she can play.

"So it's always been inspiring to watch her work, even before Orphan Black."

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Drinking it all in...

In Italy, the tradition of aperitivo goes beyond a cocktail — it's a prized social routine. The concept is based around an alcoholic drink to encourage one's appetite, but it's really a platform for conversation and company. Marisa Huff takes a closer look in her new book Aperitivo. TORSTAR NEWS SERVICE

Turin, where a movement was born

Turin was the birthplace of the modern Italian aperitivo after liquorist Antonio Benedetto Carpano debuted the fortified wine he called vermouth at his workshop in 1786. By the 1850s, most bars and restaurants in town employed a master drink maker.

Dreams, with cheese please

Piedmont loves its cheese, with the small town of Bra hosting a four-day cheese festival every two years. The region's fresh raw-milk goat cheeses have an acidic flavour, so here they're served with pink peppercorns, olive oil and a dash of flaky sea salt.

Tremendous tramezzini

The term "tramezzini" — soft, crustless sandwiches — was coined to replace "sandwich" when Mussolini outlawed the use of non-Italian words. Padua's Gran Caffé Diemme serves a shrimp tramezzini as well as a carbonara tramezzini, packed with hard-cooked eggs and grated cheese.

For whom the Bellini tolls...

The Bellini — a swirl of sparkling wine and white peach puree — was made famous at Venice's Harry's Bar in the '30s. Now, many of Venice's bars insist on serving the drink only during the summer when white peaches are available.

Keeping it all Rialto

No trip to Venice is complete without taking in the Rialto Market, a bustling seafood treasure trove that has been operating for seven centuries. If the seafood was snared locally, it'll be tagged "nostrano;" the same goes for seasonal veggies.

RECIPE

Abs are sculpted by eating this slider

It's a common error in fitness to think that you can out-train a bad diet, but Kevin Curry knows better.

The Fit Men Cook blogger follows the "abs are made in the kitchen" mantra, and serves up his own refrain on his site, taking it one step further:

"Our bodies are built in the kitchen and sculpted in the gym," he says.

Curry, who has recently appeared on NBC's Today Show and ABC's Live with Kelly, operates Fit Men Cook, a website, smartphone app and popular Instagram account aimed at healthy food ideas for gym rats (with content for men and women, despite the name).

He's also author of No Cheats Needed and the upcoming FitMenCook Cookbook.

The blog: FitMenCook.com website, social media accounts and smartphone app.

The recipe below skips the classic bread slider for two slices of eggplant, and puts a twist on the traditional chicken salad and opts for Greek yogurt.

If you prefer mushy eggplant grill it longer. This slider should be eaten with a knife and fork.

Spicy Chicken Salad Grilled Eggplant Sliders

Makes 4 to 5 sliders.

Ingredients:

- 2 (430 g) boneless, skinless chicken breasts cut into pieces
- 1 tsp (5 mL) each garlic powder and onion powder
- 2 tbsp (30 mL) non-fat Greek yogurt
- 60 g goat cheese
- 1/2 red bell pepper, seeded and diced
- 1/2 tsp (2 mL) each black pepper and cayenne pepper
- 1/2 red onion, diced
- 1/2 tsp (2 mL) paprika
- Mrs. Dash Southwest Chipotle blend seasoning
- Olive oil
- 1 large purple eggplant cut into one inch circles, about 8 to 10 slices
- Spinach or desired greens as garnish

Directions:

1. In a skillet on medium heat cook chicken breasts until flesh is white, about 10 minutes. Set aside to cool.

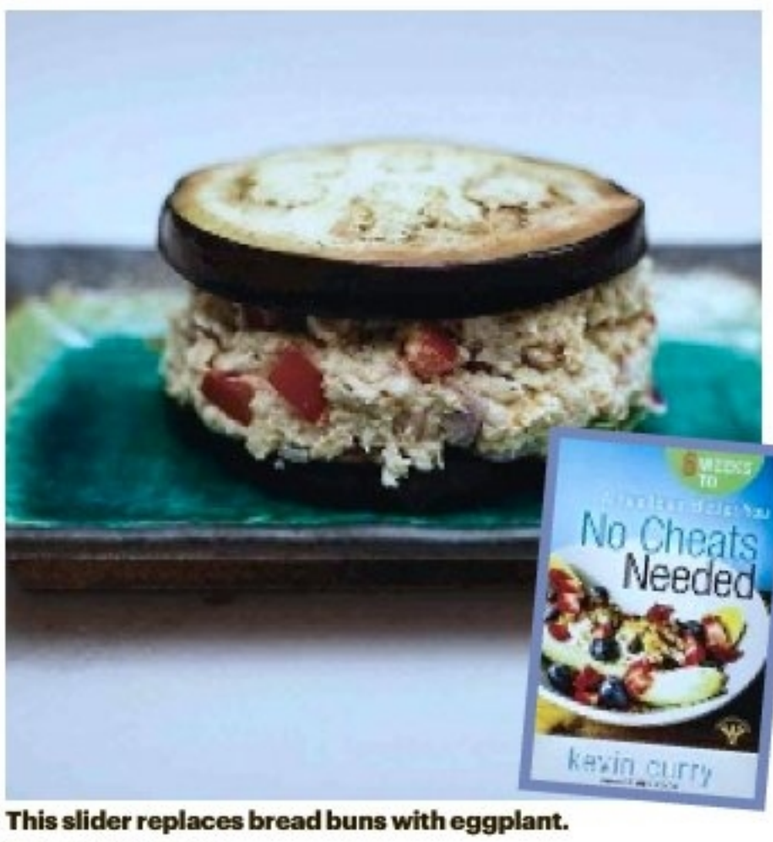
2. In a food processor, blend chicken, garlic powder and onion powder.

3. In a bowl, combine blended chicken, non-fat Greek yogurt, cheese, red pepper, black pepper, cayenne pepper and onion. Add paprika and Mrs. Dash to taste.

4. Lightly spray a skillet with olive oil. Over medium high heat sear both sides of the eggplant slices, about 1 to 2 minutes per side.

5. Spoon chicken salad mix in equal portions onto half of eggplant slices. Garnish with leafy greens. Top with remaining eggplant slices.

TORSTAR NEWS SERVICE



This slider replaces bread buns with eggplant.

TORSTAR NEWS SERVICE

metro HOME
Your essential daily news

An interior decorator has been tasked with giving the Queen Mary 2 a refresh

MEET THE CONDO

Only nine units left

CHAPERAL GALLERY

CONTRIBUTED

Project overview

Tamarack Homes has only nine units left to sell in its Chaperal Gallery site in Orléans. For early occupancy units, homeowners can move in as quickly as four weeks after a firm sale. The neighbourhood offers a range of fully upgraded townhomes that can be designed to suit homeowners' various tastes and styles.

Housing amenities

Chaperal Gallery homes cut down on maintenance by having no backyards. However, each unit has a balcony, and some units have a rough-in to accommodate barbecues. Each unit has an abundance of windows, and come with upgrade features, such as hardwood floors, ceramic tiles, granite countertops and air conditioning.

Location and transit

The neighbourhood has good commuter options, being located very close to Innes Road, a major route through Orléans, and having direct access to Hwy 174. Residents also have access to local and main bus routes, and numerous nearby amenities such as a movie theatre, restaurants and grocery stores.

In the neighbourhood

The area has a great family setting, with a park just down the street and community events such as garage sales and movies in the park. The neighbourhood has single family homes and town homes to provide homeowners with options to fit their needs. Also, Mer Bleue conservation area is just a few minutes' drive away.

ILANA REIMER/FOR METRO

NEED TO KNOW

What: Chaperal Gallery
Builder: Tamarack Homes
Designer: Barry J. Hobin
Location: Off Brian Coburn and Gerry Lalonde Drive
Building: Townhomes
Size: Starting from 1,448 square feet up to 1,514 square feet
Pricing: Starting from $279,900
Model: Two bedrooms, 1.5 to two bathrooms
Status: Now selling
Occupancy: Fall 2016
Sales centre: 129 Chaperal Pr.
Phone: (613) 837-1511
Website: tamarackhomes.com

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Vintage labels add touch of cozy

DIY

If you can use a printer you can make these

A can of spray paint and some colourful vintage labels turn food tins bound for the bin into playful centerpieces perfect for your next outdoor party. Inspired by the vintage tins found at antique markets, we turned cans of tomatoes into vibrant upcycled vases. Just add fresh flowers, a potted plant or herbs to create eclectic containers that look great on a summer or early autumn table.

MOD PODGE
Mod Podge is a staple material for all kinds of crafters. It's an acid-free kind of glue that comes in a variety of finishes (even glow-in-the-dark).

TRY IT

Step 1: Gather Supplies
You'll need:
- Tin cans
- Computer & printer
- White printer paper
- Scissors
- Mod Podge
- Print outs of vintage labels (we'll show you where to get those in Step 2)
- Spray paint

Step 2: Source, print and cut out vintage can labels
Printable vintage can labels can be found online.
The Boston Public Library has shared their collection of vintage tin label art, which can be downloaded and printed.
We also found some great labels on the farmhouse inspired blog Knick of Time Measure the cans and, if necessary, re-size the labels to fit before printing. Just use your computer to adjust the size of the labels and print them out at home.

Step 3: Prep the tins for painting
Remove the original paper labels from the tins. Wash the tins, removing any adhesive. Let dry.

Step 4: Paint the tin cans
In a well-ventilated area, ideally outdoors, prepare an area to spray paint the cans. Protect surfaces from paint with newspaper or plastic sheets. Follow paint manufacturer directions for applying spray paint and drying times. It's best to apply multiple light coats of paint rather than one thick coat.

Step 5: Attach the labels to the can
Apply a thin layer of Mod Podge to the back of the label and press the label into place, on the can. Let the Mod Podge dry for approximately 15 minutes. Apply a top coat of Mod Podge to the label. This seals and protects the labels. If you plan on leaving the cans outdoors for any length of time, consider using a Mod Podge product suitable for outdoor conditions. TORSTAR NEWS SERVICE

Spray paint and some vintage-looking labels can turn any food tin into a vibrant upcycled vase. DEBRA NORTON/TORSTAR NEWS SERVICE

RETAIL

Not feeling crafty? Buy it

We've dug up some ready to use can-inspired options for you.

1 **Indigo** The look of a tin can modeled in terracotta; just add a pot of fresh herbs.
Medium Can Vase — Green (other colours and sizes available)
$5.00 CDN (sale price), eligible for free shipping

2 **The Crafty Bartender** It's a tin can glass, ready to hold a classic cocktail or a mini vase for the table.
The Glass That Looks Like a Tin Can
$10.00 CDN/ shipping prices vary Ready to ship.

3 **Vintage Lizy** Custom order these vintage inspired tin cans, available in a variety of colours and styles.
Vintage Can
$6.00 CDN/ $3.12 shipping
Ready to ship in 2 to 3 weeks.

4 **Anthropologie** An industrial looking zinc pot with the perfect patina of a weathered can.
Ridged Zinc Pot, large
$20.00 USD /$20.00 shipping.
Ready to ship.
TORSTAR NEWS SERVICE

Roses are the perfect summer refresh

GARDENING

Follow these pro tips to get that second season bloom

Mark Cullen
Torstar News Service

It is a new world in the rose garden. Much like social media changed the way we communicate, new rose varieties are changing the ways we use and appreciate them.

Why do I raise this now, in August? The answer: there's a second season of rose blossoms just around the corner. Try not to miss it. Roses generally bloom best in June and early July. Then as evening temperatures start to drop and days become shorter, the second bloom is triggered and rose bushes put on a great show in September and October. Often, these blooms last longer than the spring editions for exactly the same reasons that make them bloom a second time: shorter days and cooler evenings.

Rose bushes put on a great show in September and October.

At this mid-summer stage it's time to hit the "refresh" button on your garden scheme and consider planting roses. ISTOCK

Your vision

Planting roses can enhance an area in your yard several ways. Some, such as David Austin roses, are known best for their fragrance. The new Pavement roses are considered some of the best living ground covers, growing to no more than 90 centimetres high, hugging the ground in colour and foliage.

Work or no work

One of the biggest improvements in new rose introductions this generation is disease resistance. Once famous for the work required to keep them looking good, many new rose varieties do not need spraying (or dusting) or any special protection over the winter.

Your yard as a canvas

If you imagine your garden as a blank canvas, roses can fit the bill where many other shrubs and perennials fall short. A mass planting of the shrub roses Bonica or Oso Easy can produce a one-two punch of colour that is unsurpassed in the garden. When you see gas stations planting masses of roses together you can be sure they are low maintenance and great garden performers.

Sun

One essential ingredient in the "rose growing" recipe is sunshine. Lots of it: a minimum of six hours a day. Or forget it.

Canadian grown

The roses tagged with "grown in Canada" have already experienced two Canadian winters. They thrived on the farm in an open field, with wind, long summer days and Canadian soil conditions.

Mark Cullen is an expert gardener, Order of Canada recipient, author and broadcaster. Follow him on Twitter @MarkCullen4 and on Facebook.

SMALL SPACES

New Ikea catalogue embraces our modern lifestyle

Zoe McKnight
Torstar News Service

For many, braving the crowds at Ikea for off-to-college or back-to-school shopping is an end-of-summer routine.

That makes August one of the Swedish home retailer's busiest months. It also marks the launch of the annual, much-anticipated catalogue.

This year's shopping guide reflects the findings of a recent survey conducted by Ikea: people are living in spaces and under arrangements very different from four decades ago when Ikea launched in Canada.

The company's latest Life at Home Report — a survey of 12,000 people in 12 cities around the world, including Toronto — acknowledges the social changes that have altered the way homes are arranged: the growth of single-person households, small spaces, shared or temporary accommodations, lack of housing, caring for elders at home and college grads moving back in.

"We're noticing a lot of open concept rooms in a home. It's often a shared space, with multiple generations doing different things," Frechette says.

Many of the catalogue's images reflect loft-style and condo living, with exposed bricks and pipes, bikes in the hallway and multiple roommates under one roof.

Families and friends eat at the coffee table or over the sink, kids play on bunk beds in the living room.

While the full Ikea kitchen is still a dream for many homeowners, this year designers have come up with a kitchen that's portable for a more transient generation of renters with a "thin wallet and a small space." The guy in the photo has a man-bun, in case the millennial message wasn't clear.

Ikea spokeswoman Lucy Frechette said designers actually visited families in their homes for days at a time to observe routines and find out where frustrations lie — is it storage, counter space, privacy? — and then built products to make improvements.

Shared spaces are central to the new Ikea catalogue. SUPPLIED

Learn more at windmobile.ca. Sale starts August 1, 2016, and is subject to change without notice. Eligible devices may be activated for $0 phones with WINDtab. WINDtab terms and conditions apply. Samsung, Samsung Galaxy Note 5, Samsung Galaxy S5 Neo, Samsung Galaxy S7 and Samsung Galaxy S7 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. LG and the LG logos are registered trademarks of LG Corp. and its affiliates. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

Hands-on with the latest computers

Marc Saltzman

Forget books, binders and backpacks — today's students also need access to three other Bs: broadband, blogs and Bluetooth.

Whether your kids are in grade school or off to college or university, a computer is still the one "must-have" device for work and play. But you might feel like you need an engineering degree to choose the best one that suits your needs and budget.

Whether you're looking for a laptop, desktop, tablet or hybrid 2-in-1 device, the following are some top picks per category, with prices ranging from $169 to $1,499.

Laptop

• Thin is in, as seen with the mere 14-millimetre thick ASUS ZenBook UX306 ($1,399), a premium Windows 10 PC that's light on weight but heavy on features. The 2.6-pound laptop is powered by a 6th-generation Intel Core processor, up to 16GB of RAM (system memory) and 512GB of SSD storage, plus the latest USB Type-C port. Perhaps most impressive about this 13.3-inch ZenBook is the battery, which lasts up to 12 hours between charges. 1

• Apple's deliciously thin but powerful MacBook Air (from $1,099 for the 11-inch model, or from $1,199 for the 13-inch) is even more desirable after a refresh. The laptop now boasts a faster Intel Core processor to handle memory-intensive tasks (or multiple tasks at once), plus there's support for faster Wi-Fi networks (802.11ac), a versatile Thunderbolt 2 port, and battery life that tops nine hours on the 11-inch model or up to 12 hours for the 13-inch model.

Tablet

• From $499, iPad Air 2 is Apple's flagship tablet that is 18 per cent thinner than its predecessor (only 6.1mm) and only 437 grams. Yet, its 9.7-inch Retina display is bright, colourful, and with high contrast for whiter whites and deeper blacks. Running on the iOS 9 operating system, with support for well over a million apps, many students rely on the iPad for both work and play. 2

• The first tablet with laptop-like performance has arrived. Microsoft's Surface Pro 4 (from $999, plus students get a 10 per cent discount) gives you a full Windows 10 Pro experience; PC-like ports, such as USB, microSD and DisplayPort; a Surface Pen stylus for writing or drawing on the screen, and a powerful 6th generation Intel Core processor. After you've typed up some work on one of the magnetic Type Cover screen covers – with its integrated keyboard and trackpad (sold separately) — you can detach the 12.3-inch HD screen and put your feet up to flick through some ebooks, games, movies, songs or photos. 3

• If you're shopping for younger kids — perhaps those in preschool up to Grade 6 — the portable and affordable LeapFrog Epic ($169.99) is a 7-inch Android-based tablet with a number of exclusive features: a first-of-its-kind playable home screen with daily surprises to tap on; a safe LeapSearch web browser with specially curated content; preloaded educator-approved apps (20 games, activities and ebooks); and access to the LeapFrog Store for more downloadable apps.

2-in-1

• The more affordable Dell Inspiron 13 5000 Series (from $649) is also a "convertible" style 2-in-1 — opposed to a "detachable", which lets you remove the screen altogether. This 13-inch Windows 10-powered PC is small and light enough to toss into a backpack or large purse, with battery life of up to nine hours between charges. 4

Desktop

• If a stationary desktop is more your thing, the space-saving HP Pavilion 27 All-in-One (from $1,499) is a great-looking touchscreen with the computer built in behind the display – therefore no separate tower is needed.

Designed to be the centerpiece of the home or dorm room, this 27-inch PC is ideal for multitasking as you can have multiple apps open at the same time, such as a Word doc, web browser, calculator, messaging platform, and music player (with front-firing Bang & Olufsen speakers, no less). Under the hood, this HP Pavilion rocks an Intel processor, with up to 12GB of RAM, and multiple storage options. 5

BUY LOCAL

Food from right here

Even though technology has made it easier than ever to purchase goods from all over the world, it's clear that a strong "buy local" movement is starting to emerge — especially when it comes to our food — as consumers become more and more aware of its social, environmental and economical benefits.

Here in Ontario, this is far from a new trend.

Familiar with the "Good things grow in Ontario" slogan? That was introduced to the public back in 1977 by Foodland Ontario, a program launched by the Ontario Ministry of Agriculture, Food and Rural Affairs.

Over the last two decades, there has been even more of a push by the province toward supporting local. According to the Ministry, since 2003, Ontario has invested over $180 million in projects aimed at promoting and celebrating the good things that are grown, harvested and made in the province.

ISTOCK

In 2013, the Local Food Act, the first of its kind in Canada, was established to support and create awareness of Ontario-grown and raised food products. In doing so, Premier Kathleen Wynne challenged the province's agri-food sector to double its growth rate and create 120,000 new jobs by 2020.

Already, the industry has responded.

In just the past two years, Ontario's agri-food sector has added $1.3 billion in GDP and created more than 34,000 jobs, according to a recent report by the Ministry of Agriculture, Food and Rural Affairs. The government data suggests the industry is well on its way to meeting those 2020 targets.

For local produce. Savour Ottawa

Buying local food in Ottawa has never been so easy!

Savour Ottawa, an initiative aimed at promoting local goods, has launched a new web portal that allows you to shop online for locally produced food.

When you become a member, you can shop for foods from a variety of producers from across the region. Browse, order and pay online and then pick up your order at the Parkdale Field House (on Armstrong Street, between Parkdale and Hamilton) on Wednesdays and Thursdays.

For more information or to start shopping, visit savourottawaonline.ca.

THE ULTIMATE DESTINATION FOR ALL THINGS LOCAL IN OTTAWA

Since the early 19th century, the ByWard Market has been Ottawa's original downtown and the ultimate destination for all things local.

The ByWard Market has been around since 1826, making it older than Canada itself, and has stood the test of time, evolving along with the city.

From the farmers and outdoor vendors, to the fashion designers and chefs, the ByWard Market offers something special and exclusive.

It's not mass retail or fast fashion; it's stuff that is built to last, much like the Market itself.

"Owner operated independent businesses offer unique quality products and services. With over 350 storefronts and outdoor vendors, you can find what you're looking for," says Katherine Solomon of the ByWard Market BIA.

"There are house and home stores, spas, salons and barbers, fashion for women and men, high-end, bargains, local artisans, internationally sourced items, goldsmiths, specialty boutiques, unique food retailers and restaurants featuring fare from every corner of the world."

The ByWard Market is also open for Labour Day weekend with most businesses open as usual.

CONTRIBUTED

Movie night

Don't miss the final ByWard Market movie night of the summer on Friday, Sept. 16. Check out a fun 80s themed double-feature — Gremlins and ET. The first film starts at sundown on George Street, across from the Ottawa School of Art. Make sure to bring your own chairs and blankets.

ISTOCK

Visit one of Loiselle Sports' three locations:

Loiselle Sports | Embrun, Ont.
877 Notre-Dame St.
(613) 443-3260

Loiselle Sports Plus | Alexandria, Ont.
83 Main St N.
(613) 525-1402

Loiselle Sports Gatineau | Gatineau, Que.
776 Rue Maloney E.
(819) 893-2925

For over 50 years, local mainstay, Loiselle Sports, has offered its customers personalized service that is second to none, providing competitive prices and top notch after-sales service.

Eastern Ontario and Western Quebec offer endless options for adventure seekers looking to make the most of their time in the great outdoors — in both the warm and cold months! For beginners and seasoned pros alike, the key to ensuring your adventure is a success is having the right gear and expert advice.

Loiselle Sports sells and services BRP Sea-Doos, Ski-Doos, Spyders, All Terrain Vehicles, Side by Sides, Honda ATVs, motorcycles, generators and small engine power products, Legend pontoon and fishing boats, Columbia lawn mowers, tractors, and more. They also carry a wide range of OEM and aftermarket parts, accessories and clothing.

Centrally located in the heart of Embrun and Alexandria, Ont., as well as Gatineau, Que., Loiselle Sports carries a wide range of new product inventory and will do whatever it takes to meet every customer's individual needs.

The company believes in carrying a good selection of used equipment as well, offering flexibility with trade-in arrangements. Their late model used equipment also comes with a one-year Loiselle Sports warranty.

Best of all, if you are short on space and don't have the room to store your new toys, Loiselle can store them for you in their heated, off-season facility.

Loiselle Sports offers financing on all their products, ranging from deferred payments to easy monthly instalments.

Their service team offers after-sales service ranging from regular maintenance and off-season storage to warranty work, product updates and recalls as well as general repair and maintenance to any make or model. Loiselle Sports's service team is fully trained and certified and equipped with a new garage, the latest OEM recommended tools and machinery.

Shopping local in the Ottawa region

ISTOCK

Craft shows

Ottawa Makers Market
Saturday, Aug. 27 | Rideau Curling Club (715 Cooper St.)

Featuring over 50 local artisans and entrepreneurs, organizers say Ottawa Makers Market is "not your nana's craft fair." This market asks you pay what you can to enter and donates half of the proceeds to charity. Funds from this show will go to Ottawa Centre Refugee Action.

613flea
Saturday, Sept. 10 | Aberdeen Pavilion, Lansdowne Park

613flea is a free, not-for-profit marketplace featuring local artisans, artists, designers and makers alongside antiques, independent boutiques and vintage finds.

Etsy Made in Canada
Sept. 24 and 25 | Bell Sensplex, Kanata

This massive annual event, now in its third year, brings more than 150 local Etsy sellers together under one roof. Admission is just $5 and kids under 16 are free.

Markets

The Ottawa Farmers' Market at Lansdowne Park is the city's only year-round, producer-only farmers' market where you can buy local meat, grains, cheese and produce, as well as locally produced baked goods and sweets, crafts and jewelry.

ByWard Market, one of the oldest and largest public markets in Canada, is home to more than 500 businesses and over 260 market stands selling local produce, maple syrup, crafts and eggs.

Parkdale Market, located just north of Parkdale and Wellington in Hintonburg, is run by the City of Ottawa and features fresh local fruit, vegetables and flowers.

Beer and spirits

There are nearly two dozen local breweries and beer makers in the National Capital Region including Covered Bridge Brewing Co. in Stittsville, Tooth and Nail Brewing Co. in Hintonburg and Beau's All Natural Brewing Co. in Vankleek Hill, just to name a few. For local spirits, pay a visit to Ottawa's first craft distillery, North of 7, which makes gin, rum, vodka and whiskey.

Roger Federer and Rafael Nadal say they plan to play doubles together when the Laver Cup debuts next year

Ceci eyes bigger role

NHL

Sens blue-liner wants to prove himself with lights shining

Cody Ceci has had a taste, and now he wants more.

He wants more points, more time on the power play, all the things that come with being a top-level offensive defenceman.

Ceci signed a new two-year deal with the Ottawa Senators on Tuesday, keeping the 22-year-old in his hometown.

An offensive specialist in his junior days with the Ontario Hockey League's Ottawa 67's and Owen Sound Attack, Ceci has played more conservatively in his three NHL seasons.

He had 49 goals and 121 assists in four seasons in the OHL, compared to 18 goals and 38 assists in three seasons with the Senators. Ceci showed flashes of that junior brilliance this spring playing for Canada's gold-medal winning team at the world championships where he contributed a goal and five assists.

"It's definitely something I'd like to improve on and bring back to my game," Ceci told reporters in a conference call on Wednesday. "I think that I showed that I can play the power play and what not at the world championships.

"Hopefully (Ottawa's front office) saw that as well and I get a little bit more of a chance this year."

His 10 goals and 16 assists last season were the best of his professional career, but he has higher aspirations for the upcoming season.

"Just to continue to improve. I'm going to go out and try and surpass everything from last year," said Ceci, who followed the same training regime this summer but tried to spend more time skating. "More goals, more points, do whatever I can to help the team win."

Ceci's new deal has an annual value of $2.8 million US. The contract runs through the end of 2017-18. He'll earn $2.25 million in the first year and $3.35 million in the second year.

26

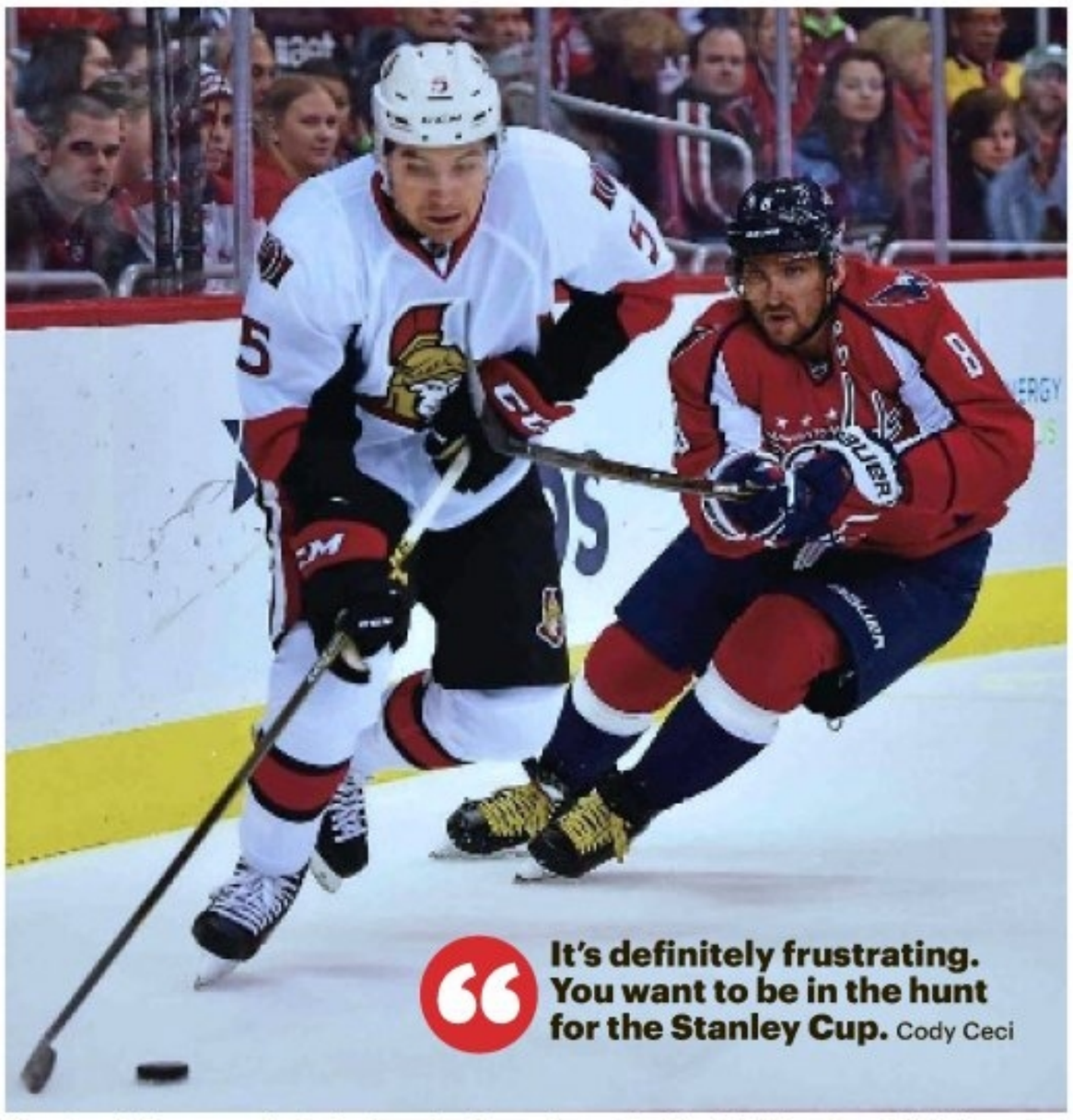
Ceci recorded 26 points in 75 games last season.

"This contract allows me to have another good year or two and hopefully get something done longer term," said Ceci. "I guess that's sort of the plan, to progress to be the player I think I can be and from there we'll deal with the next one when it comes."

Ceci especially wants to see the Senators improve on their disappointing 38-35-9 record from last season that saw them finish well out of the playoff picture.

"It's pretty frustrating when your season's over and a bunch of other teams are still playing," said Ceci. "It makes you feel like you played a full season for nothing. It's definitely frustrating. You want to be in the hunt for the Stanley Cup.

"That's a big goal of ours for this year, to make the playoffs and be a more consistent team." THE CANADIAN PRESS



It's definitely frustrating. You want to be in the hunt for the Stanley Cup. Cody Ceci

Senators defenceman Cody Ceci carries the puck past the Capitals' Alex Ovechkin in January. DREW HALLOWELL/GETTY IMAGES

CFL

Redblacks turn back to Harris at quarterback

Trevor Harris attempts a pass against the Stampeders on July 8 at TD Place Stadium. JUSTIN TANG/THE CANADIAN PRESS

The Ottawa Redblacks want to right the ship and regain some pride, even if they have to sit last season's most outstanding player to do it.

Trevor Harris will start at quarterback in place of veteran Henry Burris when Ottawa hosts the B.C. Lions Thursday night.

After starting the season with two wins, the Redblacks won just two of the next six games and suffered a 43-19 blowout loss to the Montreal Alouettes on Friday.

Compounding the Redblacks' woes is the team's mediocre 1-2-1 record at home.

We got our butts kicked last week which never makes you feel good.
Rick Campbell

"We have one win at home and obviously could have beaten Calgary here but it ended up in a tie. We got our butts kicked last week which never makes you feel good," coach Rick Campbell said. "We need to make sure we play good football and keep things positive and good things will happen for us."

The Redblacks signed Harris in the off-season as insurance for the 41-year-old Burris, and he has paid off when healthy.

The switch at QB isn't being seen as a knock against Burris, who said that the injury to the pinky finger on his throwing hand isn't fully healed. He said throwing isn't as comfortable as it should be and that the ball doesn't come out of his hand right. THE CANADIAN PRESS

IN BRIEF

Bouwmeester replaces Keith on Canadian roster

Canada selected Jay Bouwmeester to replace Duncan Keith on its roster for the World Cup of Hockey.

Keith is still rehabbing a right knee injury he suffered last season, the Chicago Blackhawks said. The two-time Norris Trophy winner as the NHL's top defenceman had surgery to repair a torn meniscus in October.

Bouwmeester rejoins Canada after winning gold at the 2014 Olympics. THE ASSOCIATED PRESS

Coyotes hire female coach

The Arizona Coyotes have hired Dawn Braid as skating coach and say she is believed to be the first full-time female coach in NHL history.

Braid has a long association with the NHL. She worked part-time for the Coyotes last year and has served as a skating consultant with the Toronto Maple Leafs, Anaheim Ducks, Buffalo Sabres and Calgary Flames. THE ASSOCIATED PRESS

U.S. swimmer comes clean about gas station story

U.S. swimmer James Feigen apologized for the "serious distraction" he and three teammates caused at a gas station during the Rio Olympics, saying he omitted facts in his statement to police.

While Feigen admitted "we urinated behind the building and that Ryan Lochte pulled a poster off the wall," he maintains the group didn't force their way into a bathroom and a gun was pointed at them. THE ASSOCIATED PRESS

Kaepernick expected to make pre-season debut

Colin Kaepernick is on track to make his first appearance of the pre-season for San Francisco on Friday night against Green Bay after his tired shoulder made it through a full week of practice.

Coach Chip Kelly said Kaepernick looked good in practice this week and is expected to play barring any setbacks before the game. THE ASSOCIATED PRESS

RECIPE White Fish and Pea Chowder

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Make this ultra creamy version of a chowder. If you sub the season's corn for peas, brilliant!

Ready in 30 minutes
Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 1/2 onion, finely chopped
- 1/4 cup diced pancetta
- 2 1/2 cups mini white potatoes, quartered
- 1 cup stock
- 3 cups milk
- 1 cup peas
- 250 g skinless, boneless white fish, chopped into chunks
- 2 Tbsp fresh chopped dill
salt and pepper

Directions

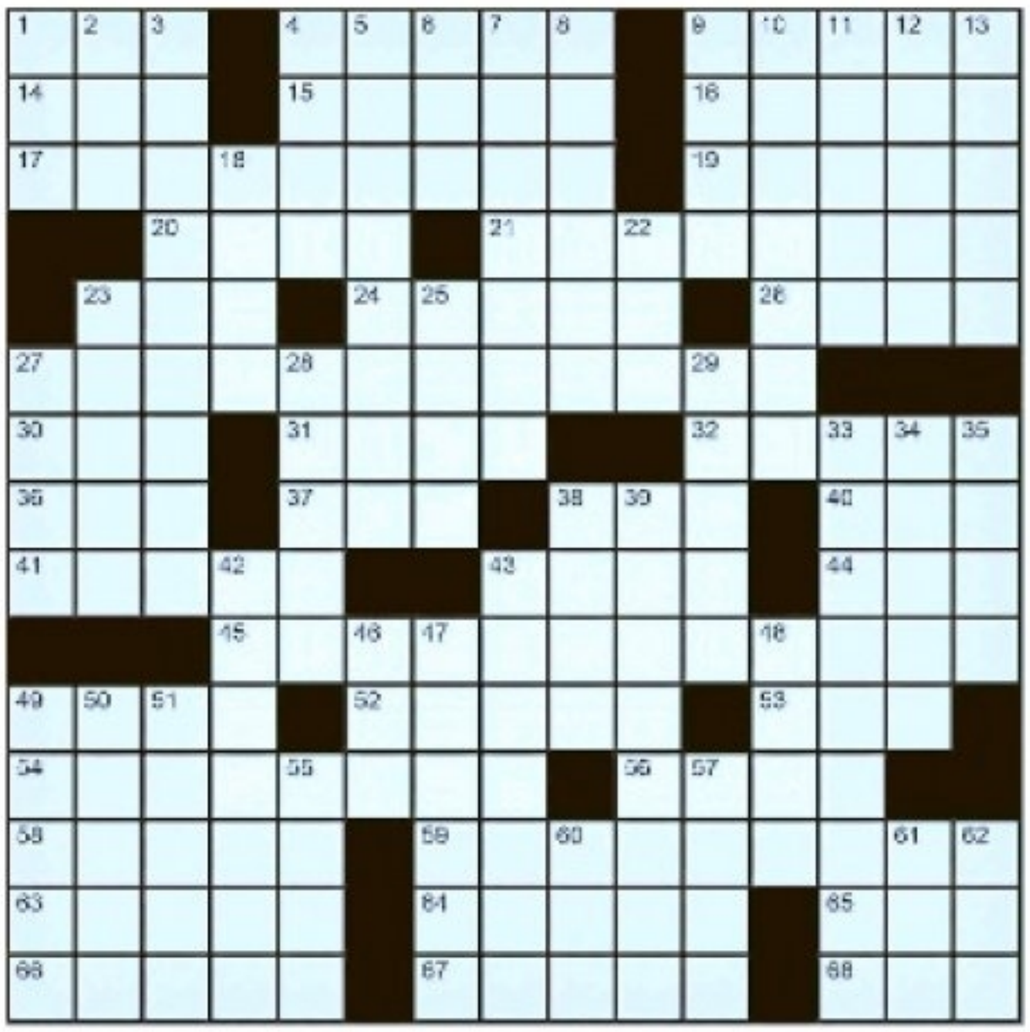
1. Heat the oil in a large saucepan, tip in the onions and pancetta and cook until onions are softened and pancetta is browned, about 5 minutes. Add the potatoes and cook for 2 to 3 minutes. Pour in stock, cover and simmer for 12-15 mins or until the potatoes are tender. With a slotted spoon, remove half the potatoes from the stock and set aside.

2. Transfer the remaining potatoes, stock into a blender or food processor, add the milk and whizz until smooth. Pour back into the pan, add the peas, fish and reserved potatoes. Cover and gently heat for 3-4 mins until the fish is just cooked through – don't boil. Stir in dill then season to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Toronto mayor Mr. Lastman from 1998 to 2003
4. "Is that such _ _ idea?"
9. Michael _, Coal Miner's Daughter (1980) director
14. Latin roe
15. 'Mono' add-on (Auditioner's delivery)
16. Canadian TV channel
17. August 25th to August 28th, 2016... Nautique WWA _ World Championships, at the Canadian National Exhibition, in Toronto
19. Like fish fillet
20. "Blimey!"
21. Nose ornamentation
23. You-know-_
24. "Coffee, _ _ milk?"
26. Mr. Donovan
27. Canadian donuts chain established in 1963: 2 wds.
30. YYZ posting, wee-ly
31. River inlets
32. Paris: _ _ Triomphe
36. Kate's leading man in 1997
37. Pre-lunch hrs.
38. Dubliner's dance
40. Vienna's land, IOC-style
41. k.d.'s kin
43. Parched
44. Commerce deg.
45. Capital + Terr.: 2 wds.
49. Like Freddy's tree
52. '70s idol Mr. Cassidy
53. Mr. Levin
54. Paul Anka, in the 1950s: 2 wds.
56. Bash
58. Job filler
59. Kate of Charlie's Angels ...when addressed formally: 2 wds.
63. Upper crust
64. _-_-surface missile
65. Tarzan and _ Mate (1934)
66. Latticework strips
67. Sprinkle
68. Archery tree

DOWN
1. _ the lawn
2. Ms. Gabor
3. Body of water on which Sarnia sits: 2 wds.
4. Jessica _
5. Furniture feature: 2 wds.
6. Lettered grocery chain
7. Exceed
8. Ren's insult to Stimpy, "You _!"
9. Shortened word
10. _ & Gamble
11. Alias for Patty Hearst in the SLA
12. Happening
13. Big name in trucks
18. Dr. _ Spengler, Ghostbusters (1984) role
22. 'Brew' suffix
23. Accessorized the suit, _ _ tie
25. Young hawk
27. Ring up
28. Garbage
29. Tavern beverage
33. Unappreciative of paparazzi
34. Nickname of Dick Cheney's President
35. Coup d'_
38. Chariot-driving biblical King of Israel
39. Buckingham Palace lays behind this type of entrance: 2 wds.
42. Ms. Paltrow
43. Closes the container: 2 wds.
46. Q. "_ 'r' the fourth letter?" A. "Indeed."
47. St. _, Ontario
48. Posh fabric
49. Barrymore or Merman
50. Priestess in Georges Bizet opera The Pearl Fishers
51. Warrant
55. Wraths
57. "Don't have _ _, man!" - Bart Simpson
60. Mr. Tolkien
61. Goose: French
62. Sydney is the cap. of what Australian state?

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Steer clear of controversial issues like politics, religion and racial matters, because there is too much confusion today. Even when it comes to travel plans, you might be indecisive.

Taurus April 21 - May 21
This is a poor day to make important decisions about inheritances and shared property. An element of confusion, even deceit, is present. Plus you might not be strong enough to defend your own best interests.

Gemini May 22 - June 21
It's hard to stand up to others today, even to defend yourself. Fortunately, other people may have the same difficulty! It's definitely a wishy-washy day.

Cancer June 22 - July 23
Your efforts to get things done at work will be challenged by confusion regarding travel, foreign countries and the timing of when things should be done. Good luck!

Leo July 24 - Aug. 23
Be careful with social plans or plans regarding vacations. Leave yourself a loophole in case you have to change things. Similarly, choose less-ambitious projects when dealing with children.

Virgo Aug. 24 - Sept. 23
Postpone important decisions about family or real estate situations, because there is too much confusion today. People are indecisive. It's hard to know what to do.

Libra Sept. 24 - Oct. 23
Today is one of those days where you're not sure when or how to act. That's why it might be best to just do nothing. Easy does it.

Scorpio Oct. 24 - Nov. 22
Be careful with financial arrangements and how you handle your money today. Assume nothing. Take nothing for granted. Guard your possessions.

Sagittarius Nov. 23 - Dec. 21
You might feel tired today. This is not a good day to tax yourself or to push your energy too far. Just take care of smaller matters.

Capricorn Dec. 22 - Jan. 20
Secrets might come out today. Or perhaps you are involved with secret activities. Be careful and commit to nothing, to be on the safe side.

Aquarius Jan. 21 - Feb. 19
Your efforts to lead others today might be impeded by something. Don't expect too much from anyone (including yourself). Go slowly.

Pisces
Feb. 20 - March 20
Check things out, especially instructions from bosses and authority figures, before you act today. It's all too easy to go off in a wrong direction. If you are smart, you can save wasted effort and possible mistakes.

CONCEPTIS SUDOKU by Dave Green

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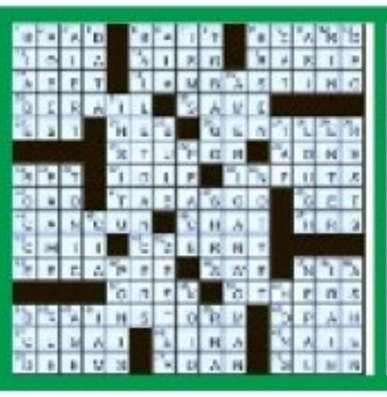

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